

TESCO

FREE | NOVEMBER 2023

Take a classic to new heights

+
DRINKS
ON US!

GET THE PARTY
STARTED WITH
OUR BONUS
24-PAGE DRINKS
GUIDE, p61

Meringue-topped
mince pies
p40

MINCE PIES AT THE READY

Magical ideas and make-ahead recipes to start the festive season



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New



1 OF THEIR 5
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If you're not feeling festive yet, just wait until you've read this issue. Make your first 'mince pie moment' truly epic with a meringue-topped version, p40, and find any excuse (post-Christmas shopping, perhaps?) to get the mulled wine going, p39. You'll soon find yourself excited about putting up the Christmas tree – the blush metallic baubles on p87 are really gorgeous, by the way – and getting started on some make-ahead Christmas recipes, p47, ready to whip out of the freezer so you have more time to sip bubbles in your PJs on the big day. Go on, tell me now you don't feel Christmassy?

Lauren

I'M LOVING...

...watching Tesco Finest
Baking Brie with Spiced
Mandarin & Pomegranate
Glaze 600g, £6.50 (£1.08/100g),
bubble as it bakes. Then I top it
with nuts for a bit of crunch.



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a TESCO customer, Oct 2022

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FOR COUPONS



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...your 24-page
guide to all the sips
you'll need to
celebrate Christmas
your way. See p61.



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Meringue-topped mince pies, p40
RECIPE Bryony Bowie, Angela Romeo
PHOTOGRAPHY Karen Thomas
FOOD STYLING Mima Sinclair
PROP STYLING Victoria Eldridge



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CLEMENTINE GRANITA

WHY NOT... GET AHEAD FOR CHRISTMAS

Make these recipes
now and stash them
away in the freezer.



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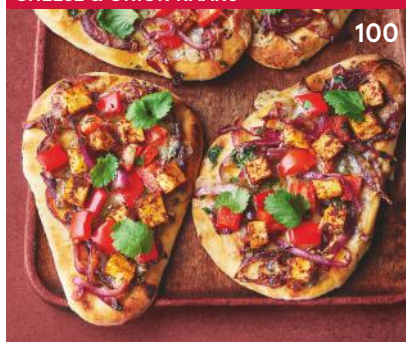


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RECIPE INDEX



CHEESE & ONION NAANS



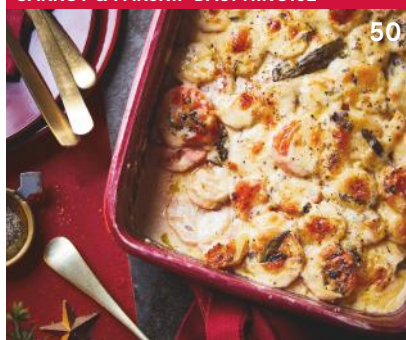
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Please always check labels carefully to ensure ingredients meet your dietary requirements, especially if you have an allergy. Our symbols are based on the ingredients listed on the packaging only. Please always check for allergen information such as 'may contain' messages. Ingredients are subject to change after going to press.

- V Vegetarian (free from meat and fish)
- V Vegan (free from animal-derived products)
- DF Dairy free (free from milk-derived products)
- GF Gluten free
- * Can be frozen for up to 3 months. Wrap appropriately. Defrost and heat thoroughly before eating. Never refreeze food that has already been frozen.

Ingredients used are from Tesco's core range, unless otherwise stated. We use medium free-range eggs, semi-skimmed milk, unsalted butter and unwaxed fruit. Ingredients marked 'optional' are not included in the cost per serve, reference intakes or dietary symbols. Tesco magazine is not responsible for any recipes included on advertisements.

Reference intakes are printed below recipes. For more information, visit realfood.tesco.com/curatedlist/what-is-healthy.html. Our recipes should be eaten as part of a balanced diet and healthy lifestyle. All nutritional information is checked by a qualified nutritionist. We regret that we are unable to respond to individual nutritional queries.

Prices and availability are subject to change. Due to ongoing uncertainty, prices and availability may be more susceptible to change than usual. Cost per serve is based on the online cost of ingredients (excluding anything unused) at the time of going to press and is subject to change.

Alcohol For more information about responsible drinking, visit be.drinkaware.co.uk

We all want to feel better about our lifestyles, the food we buy, meals we make and packaging we use. So Tesco has created Better Baskets, with value at its heart, as an easy way to fill your basket with better choices every time you shop. Look out for the logo to help you make better choices with Tesco.





What's in store

Christmas is coming! This bumper selection highlights treats you can buy now to save for later... if you have the willpower



JAMIE ROBINSON
Tesco executive
chef, product
development

'Christmas planning is a marathon – not a sprint! Use November to stock up on long-life items like mince pies, chutneys and crackers, and start to fill your freezer with freezable desserts (p16) to help spread the cost. If you're stuck for what to buy any foodies, why not build them the ultimate hamper (p13).'



Tesco Finest
Stem Ginger Tiffin
Cracker (serves 12), £8,
will look amazing
as your dessert
centrepiece.

ORDER AHEAD

It's never too early to start planning – order your festive food now to avoid a last-minute rush. Turn to p55 for more information.

Ready when you are

Start stashing trimmings in the freezer now, like this **Tesco Finest Pork, Cranberry & Apple Stuffing 400g**, £3.25 (81p/100g).



Plan your puds

Who says you have to make dessert fully from scratch?

Shop now for **8 Trifle Sponges**, £1.25 (16p each), ready for easy assembly of your trifle on the day.



Let it snow(flake)

Look out for festive crisps and nibbles, including **Sour Cream & Chive Pretzels 200g**, £1.65 (83p/100g).





Why
not try?

Fruit and cheese is a classic combo. Dried fruit lasts longer than fresh, and pairs equally well with cheese – try dried apricots, dates or raisins.

HOLIDAY GRAZING

Pile up a cheeseboard with treats for everyone



Free From
Sea Salt & Chilli
Crackers 160g,
£1 (63p/100g)



Tesco Finest
Fig & Balsamic
Chutney 210g,
£1.70 (81p/100g)



Wensleydale
with Cranberries
200g, £2.75
(£1.38/100g)



Tesco Finest
Kidderton Ash
Goat's Cheese
150g, £3.35
(£2.23/100g)



Tesco Finest
Chaource
Cheese 250g,
£3.55 (£1.42/100g)



Soft Apricots
250g, £2
(80p/100g)



**Get them while they're fresh
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This is Supermarket Mobile





Seasonal staple

Ready Rolled Puff Pastry 320g,

£1.15 (36p/100g), is ideal for creating last-minute magic: fold it around goat's cheese and chutney then bake for quick canapés.



Mince Pie Fudge 125g,
£1.50 (£1.20/100g),
is packed with fruit
and spice. Use as a
stocking-filler... or just
to snack on when
you fancy a taste
of Christmas.

HAMPER HELPERS

Fill a box with shredded paper and build the ultimate edible gift

THE NIBBLES

1. Tesco Finest Milk Chocolate Coated Shortbread Stars 150g, **£2** (£1.33/100g)

THE STAR JAR

2. Tesco Finest Spiced Apple & Pear Chutney 220g, **£1.70** (77p/100g)

THE BOTTLE

3. Tesco Finest Montepulciano d'Abruzzo, **£7.75**

THE SWEET TREATS

4. Tesco Finest 4 Spiced Rum Mince Pies, **£2.50** (63p each)
5. Tesco Finest Authentic Italian Pandoro 750g, **£10** (£1.33/100g)

HOG THE LIMELIGHT

Looking for a change from turkey? Give gammon a go. Tesco Finest Dry Cured Spiced Citrus & Pomegranate Gammon Joint 1.021kg, £13 (£12.73/kg). Available in stores from 20 November.



Mix and ...

...match

Say goodbye to that 4pm 'what's for dinner?' panic - there are new Tesco Finest pastas and sauces. For a quick dinner, pair **Tesco Finest Prawn, Chilli & Lemon Girasoli 250g, £3.25** (£1.30/100g), with smoky **Tesco Finest Fire Roasted Red Pepper Pesto 130g, £2.60** (£2/100g).



Duck out

Plant Chef 10 No-Duck Spring Rolls 180g, £2 (£1.11/100g), are made with jackfruit and oyster mushrooms - a sure party pleaser.

HOT POTATOES

A comfort classic to see you through winter – which flavour will you pick?



Cheddar Mash 450g, £1.50 (33p/100g)



Carrot & Swede Mash 450g, £1.50 (33p/100g)



Sweet Potato Mash 400g, £1.50 (38p/100g)

Sip of the season

Making cocktails at home has never been easier. Add **Tesco Finest Gingerbread Espresso Martini Liqueur 70cl, £14 (£20/ltr).**

Pour over a scoop of ice cream



Festive upgrade

Use **Tesco Finest Brandy Butter 200g, £2.50 (£1.25/100g)**, as an indulgent alternative to cream or custard.

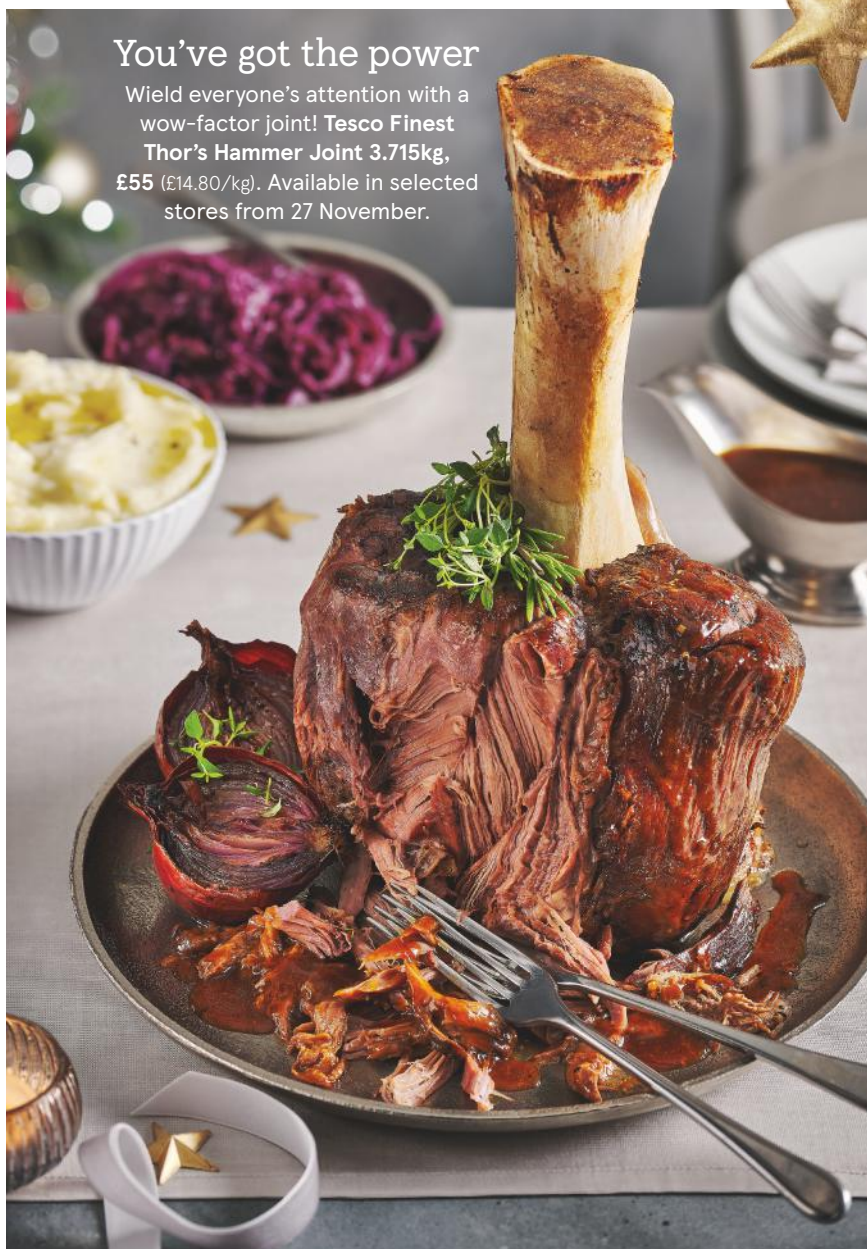
Movie star

Snuggle up on the sofa for a Christmas film and up the feels with **Speculoos Popcorn 200g, £1.65 (83p/100g).**




You've got the power

Wield everyone's attention with a wow-factor joint! **Tesco Finest Thor's Hammer Joint 3.715kg, £55 (£14.80/kg).** Available in selected stores from 27 November.





Tesco Finest Mulled Berry Meringue Wreath 650g 
£6.50 (£1/100g)

EASY FREEZING

Buying puds early to store in the freezer will help spread the cost of Christmas



Sharing selection

Fill a bowl for guests to graze from –
Tesco Finest Roasted Nut Selection With Sea Salt 225g, £4 (£1.78/100g)



On the side

This storecupboard star adds sweetness to roast veg and toasties, or swirl it into plain yogurt – **Cranberry Sauce 200g, 80p** (40p/100g).



SAVE FOR LATER

This alcohol-free **Christmas Pudding 400g, £3** (75p/100g), is ideal if you don't want the booze. Better still, you can buy it now to stash for later.



Decaff Original Tea Scottish Blend 80 bags, £1 (1p each)*



Original Tea Scottish Blend 80 bags, £1.40 (2p each)*

THAT'S OUR CUP OF TEA!

Better Baskets at Tesco is a way of helping you make better choices with the food you buy, the meals you make and the packaging you use. Representing another step in Tesco removing plastic from its packaging, these teabags are now made of plant-based material that will break down into compost. Simply pop them in your council food waste bin when you're done and they'll biodegrade.



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Only at **TESCO**

COOK ONCE, EAT TWICE

Balance out hearty winter dinners with these lighter double-duty recipes

Chicken &
root veg
traybake
p20

... becomes tomorrow's cheesy frittata

Today's chicken and veg traybake...

Roasted
veg &
ricotta
frittata
p20



Dinner tonight

CHICKEN & ROOT VEG TRAYBAKE

Serves 4

Takes 55 mins

Cost per serve £2.54

COOKS TIP If you want a super-crispy golden finish, pop the chicken under a medium-hot grill for 1-2 mins.

- 1 garlic bulb, cloves separated
- 1 butternut squash, peeled and cut into chunky pieces
- 2 x 450g bunches beetroot, scrubbed and cut into chunky pieces

- 600g sweet potatoes, peeled and cut into chunky pieces
- 6 carrots, peeled and cut into chunky pieces
- 1 head of celery, cut into 5cm lengths
- 2 large red onions, cut into wedges
- 3 tbsp olive or rapeseed oil, plus 1 tsp
- 20g pack fresh sage, leaves picked
- 650g pack chicken breasts
- 4 slices smoked pancetta (from a 110g pack)
- brown rice, to serve (optional)

- 1 Preheat the oven to gas 6, 200°C, fan 180°C. Lightly squash the garlic cloves with the back of a heavy knife, then put in a large roasting tin with the veg. Drizzle over 3 tbsp oil and toss well to coat. Reserve 4 sage leaves, then finely chop the rest and scatter over the veg; season and toss again.
- 2 Transfer half the herby veg to another large roasting tin, spreading out into a single layer if you can. Put both tins in the oven and roast for 25 mins.
- 3 Meanwhile, wrap each chicken breast in a slice of pancetta, tucking a reserved sage leaf in each. Drizzle the 1 tsp oil over the chicken and season with black pepper.
- 4 When the veg has cooked, nestle the chicken breasts into one tin. Return to the oven and roast both tins for a further 15-20 mins until the veg is completely tender and the chicken is cooked through. Reserve the tin of veg for the Roasted veg & ricotta frittata (right). Serve the remaining chicken and veg with brown rice, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2034kJ 484kcal	12g	3g	26g	1.0g
24%	17%	13%	28%	17%

of the reference intake. See page 9.
Carbohydrate 42g Protein 46g Fibre 11g
3 of your 5-a-day; high in vitamin A; high in protein; source of vitamin B6

Lunch tomorrow

ROASTED VEG & RICOTTA FRITTATA

Serves 4

Takes 20 mins plus cooling

Cost per serve £1.82

- 8 medium eggs
- 20g grated pecorino
- 1 tsp olive oil
- leftover roasted vegetables
- 75g ricotta
- steamed kale or cavolo nero, to serve (optional)

- 1 Crack the eggs into a large jug. Add the pecorino, season generously, and whisk with a fork to combine.
- 2 Preheat the grill to medium. Heat the oil in a 25-30cm nonstick, ovenproof frying pan. Add the leftover veg and put over a medium heat to warm through. Add the egg mixture and spoon over the ricotta. Cook over a medium-low heat for 8-10 mins until mostly set underneath.
- 3 Place the frittata under the grill for 2-3 mins until set and turning golden. Set aside to cool for at least 15 mins before turning out onto a board. Serve with steamed kale or cavolo nero, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1957kJ 468kcal	20g	6g	26g	1.2g
23%	29%	30%	29%	19%

of the reference intake. See page 9.
Carbohydrate 43g Protein 23g Fibre 11g
3 of your 5-a-day; source of protein; source of vitamin D

BROWNIES *and* Birthdays
and snow days *and*
SUNDAYS *and* HOT CHOCOLATES
and thank yous *and*
PANCAKES *and* PICNICS *and*
crumbles *and* CREAM TEAS



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*Vaseline is a cosmetic product for moisturising dry skin
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Available at **TESCO**

5 FOR £25

Five freezable reader-approved recipes to see your family through the week



1



2



3



4



5

Tried it, liked it



Trying out our recipes this month is Sarah, who lives with her husband and 15-year-old twin sons. 'We cook from scratch whenever possible,' says Sarah. 'But it's a challenge feeding two hungry teenagers on a budget!'

GET INVOLVED

Want to test one of our family dinner meal plans for four?
Email tesco.mag@cedarcom.co.uk for your chance.

This menu really surprised us - it made planning our dinners easier and helped keep costs down

ROAST POTATO-TOPPED FISH PIE

Serves 4 *

Takes 45 mins

FREEZE IT Once baked and cooled, wrap the dish in foil and freeze for up to 3 months. Thaw in the fridge overnight, then bake, covered with foil, for 25 mins until golden and piping hot throughout.

400g frozen roast potatoes
1 tbsp olive oil
300g frozen sliced leeks
3 tbsp plain flour
½ vegetable stock cube, made up to 200ml
200ml 50% less fat crème fraîche
212g tin pink salmon, drained, skin and large bones removed
125g tin mackerel in brine, drained and broken into bite-sized pieces
1 lemon, zested
1 head of broccoli, cut into florets, stem cut into bite-sized pieces

1 Preheat the oven to gas 7, 220°C, fan 200°C. Put the roast potatoes on a baking tray and roast for 25–30 mins until golden and crisp, turning halfway through.
2 Meanwhile, make the fish pie filling. Heat the oil in a large frying pan over a medium heat and fry the leeks for 6–8 mins until soft and most of the water has evaporated. Sprinkle over the flour, season, stir, then cook for 1 min. Add the stock a little at a time, stirring constantly, then stir in the crème fraîche. Simmer for 5 mins until thickened and saucy, then remove from the heat.
3 When the potatoes are cooked, reheat the sauce if needed, then gently fold in the salmon, mackerel and lemon zest, trying not to break up the fish too much. Spoon into a baking dish about 20 x 15cm.
4 Halve the roast potatoes through the widest part (use tongs to help as they will be hot) and press down lightly with a spatula to squash them slightly. Arrange, cut-side down, over the fish pie mix, overlapping them slightly so the pie is covered with the crisp edges. Return to the oven and bake for 10–15 mins until the filling is bubbling and the topping is crisp.
5 Cook the broccoli in simmering water for 5–6 mins until tender; drain well. Serve alongside the fish pie.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1847kJ 441kcal	20g	8g	7g	1.7g
22%	28%	38%	8%	27%

of the reference intake. See page 9.
Carbohydrate 37g Protein 26g Fibre 8g



Using tinned meatballs was a game-changer in terms of cost

THAI RED MEATBALL CURRY

Serves 4 DF *

Takes 20 mins

FREEZE IT Leave to cool, then transfer to a freezable container. Freeze for up to 3 months. To defrost, thaw in the fridge overnight. Reheat in a pan on the hob until piping hot.

300g long grain rice, washed
1 tbsp vegetable oil
567g tin new potatoes, drained, halved if large
395g tin meatballs in tomato sauce
340g jar red Thai curry cooking sauce
300g frozen Mediterranean-style roasting vegetables
1 lime, zested and juiced

1 Cook the rice to pack instructions; drain well.
2 Meanwhile, heat the oil in a deep frying pan over a high heat. Pat the potatoes dry with kitchen paper, then fry for 5 mins until lightly golden and crisp. Stir in the meatballs in tomato sauce and bring to a simmer. Add the red Thai curry cooking sauce, pour 100ml water into the jar, then add to the pan, along with the frozen veg. Bring to a simmer, then cook for 8–10 mins until thickened slightly and the veg is tender; add the lime juice.
3 Fluff up the rice with a fork and divide between 4 shallow bowls. Spoon over the curry, then scatter with lime zest to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2318kJ 550kcal	13g	5g	11g	1.1g
28%	18%	24%	12%	18%

of the reference intake. See page 9.
Carbohydrate 93g Protein 13g Fibre 3g
1 of your 5-a-day and low in saturated fat



**CREAMY GREENS,
PESTO &
BUTTER BEAN STEW**

Serves 4  

Takes 20 mins

FREEZE IT Leave to cool, then transfer to a freezable container. Freeze for up to 3 months. To defrost, thaw in the fridge overnight. Reheat in a pan on the hob until piping hot.

- 1 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 200g frozen sliced leeks
- 250g fresh greens, washed and sliced, tough stalks removed
- 200ml 50% less fat crème fraîche
- 1 reduced-salt vegetable stock cube, made up to 350ml
- 4 tbsp Free From green pesto
- 2 x 400g tins butter beans, drained
- ½ lemon, juiced
- 250g crusty white bloomer, sliced, to serve

1 Heat the oil in a large saucepan over a medium heat and fry the onion for 5–6 mins until softened. Stir in the garlic, frozen leeks and greens, and fry for 5–6 mins until the leeks have defrosted and any water has evaporated.

2 Stir the crème fraîche, stock and pesto into the greens and bring to a simmer over a high heat. Stir in the butter beans and cook for 5–8 mins until reduced slightly and the greens are tender. Mash a few times with a potato masher to crush some of the butter beans and thicken the sauce. Season a little and stir in the lemon juice to taste. Spoon into bowls and serve with the crusty white bloomer for mopping up the sauce.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2188kJ 522kcal	19g	7g	11g	1.5g
26%	27%	34%	12%	25%

of the reference intake. See page 9.
Carbohydrate 62g Protein 20g Fibre 12g

3

4 *The mozzarella really lifted this dish, and it's still cost-effective*

**SAUSAGE &
GREENS
PASTA BAKE**

Serves 4 

Takes 40 mins

FREEZE IT Once cool, wrap the dish or any leftovers in foil and freeze for up to 3 months. Thaw in the fridge overnight and reheat, covered loosely with foil, in the oven for 20–25 mins until piping hot.

- 1 tbsp olive oil
- 6 pork sausages
- 2 garlic cloves, crushed
- 200g frozen sliced leeks
- 250g fresh greens, washed and sliced, tough stalks removed
- 3 tbsp Free From green pesto
- 200ml 50% less fat crème fraîche
- 300g penne
- 210g ball Creamfields mozzarella, drained and diced

1 Preheat the oven to gas 6, 200°C, fan 180°C. Heat the oil in an ovenproof frying pan or shallow casserole dish over a medium-high heat, and pinch nuggets of sausage meat into the pan, discarding the skins. Fry for 6–8 mins until golden brown. Transfer to a plate, leaving any oil behind. Add the garlic and leeks to the pan, and fry for 5–6 mins until softened. Stir in the greens, pesto, crème fraîche and 150ml water. Simmer for 6–8 mins until the greens are tender.

2 Meanwhile, cook the pasta for 8–10 mins until tender but still retaining some bite (it will cook more in the oven). Drain, reserving 100ml water. Stir the pasta into the sauce along with enough of the water to make a creamy, thin sauce (it will reduce and thicken in the oven). Stir in the cooked sausage pieces and some seasoning.

3 Nestle the mozzarella on top of the bake, tucking some in so you get oozy pockets of cheese when baked. Bake for 15–20 mins until bubbling, golden brown on top and the cheese has melted.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2939kJ 702kcal	32g	14g	9g	1.4g
35%	46%	68%	10%	24%




of the reference intake. See page 9.
Carbohydrate 70g Protein 30g Fibre 6g





5

RATATOUILLE 'CRUMBLE' WITH PESTO POTATOES

Serves 4   

Takes 50 mins

FREEZE IT Once baked and cooled, wrap the dish or any leftovers in foil and freeze for up to 3 months. Thaw in the fridge overnight, then bake from chilled for 20 mins until golden and piping hot throughout.

400g frozen roast potatoes
400g frozen Mediterranean-style roasting vegetables
2½ tbsp olive oil
1 onion, finely chopped
2 garlic cloves, crushed
400g tin chopped tomatoes
½ tsp sugar (any kind)
150g crusty white bloomer, blitzed to coarse breadcrumbs
1 tbsp Free From green pesto
½ lemon, juiced

1 Preheat the oven to gas 7, 220°C, fan 200°C. Put the roast potatoes on a baking tray and roast at the top of the oven for 25–30 mins until crisp and golden. Tip the frozen veg into a baking dish about 25 x 20cm and cook under the potatoes for 25–30 mins until tender.

2 Meanwhile, heat 1 tbsp of the oil in a saucepan over a medium-high heat and fry the onion for 6–8 mins until softened. Stir in the garlic and fry for 1 min. Stir in the chopped tomatoes, sugar, 100ml water and some seasoning. Simmer for 10–15 mins, uncovered, until slightly thickened.

3 Cut the potatoes into bite-sized pieces. Tip back onto the baking tray and drizzle with ½ tbsp oil; season. Roast for a further 5–10 mins until golden and crunchy.

4 Pour the tomato sauce into the baking dish with the roasted veg and stir well. Toss the breadcrumbs with the remaining 1 tbsp oil; season, then scatter over the vegetable mixture. Bake for 10 mins or until the breadcrumbs are golden and crisp.

5 Transfer the potatoes to a bowl, toss through the pesto and lemon juice. Serve alongside the ratatouille 'crumble'.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1673kJ 396kcal	14g	2g	13g	1.1g
20%	19%	10%	14%	19%

of the reference intake. See page 9.
Carbohydrate 57g Protein 9g Fibre 7g
2 of your 5-a-day; low in saturated fat

Despite the volume of veg that's in this dish, both the boys loved it!

SHOPPING LIST

1 lemon
1 lime
1 large garlic bulb
2 onions
1 head of broccoli
500g pack fresh greens
600ml pot 50% less fat crème fraîche
210g pack Creamfields mozzarella
8-pack Woodside Farms pork sausages
400g crusty white bloomer
1kg bag Grower's Harvest long grain rice
500g pack Hearty Food Co. penne
2 x 400g tins butter beans
567g tin new potatoes in water
400g tin Grower's Harvest chopped tomatoes
395g tin meatballs in tomato sauce
212g tin pink salmon
125g tin mackerel in brine
340g jar red Thai curry cooking sauce
190g jar Free From green pesto
700g pack frozen sliced leeks
800g pack frozen roast potatoes
700g pack frozen Mediterranean-style roasting vegetables

+ FROM YOUR STORECUPBOARD

vegetable oil, olive oil,
vegetable stock cubes, sugar
(any kind)

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KALE AND CLEMENTINES

The rich forest green of kale gives off a wonderfully Christmassy vibe. Better still – it's good for you! A source of vitamins and minerals, try it simply steamed for a tasty side dish, blended into a smoothie, or shredded into a winter slaw. And if you need that festive indulgence now, it's great topped with black pepper and Parmesan.

There's also something very festive about a perfectly ripe clementine, with the leaf still intact. And who wouldn't be happy to find a clementine stuffed in a stocking? While you're waiting for Santa to arrive, add these sweet easy peelers to winter salads, or cook them down into a very special marmalade, p33, and enjoy that sensational sweet citrus aroma.

FIELD TO FORK

Kale and clementines get a touch of winter sparkle in these recipes – bookmark them for Christmas

**Taste the care**

Look for this quality seal on the most cared-for products at Tesco. All the hero ingredients in this feature carry the Quality Seal mark, along with hundreds more expertly selected products in store and online.



MEET THE GROWER



Esmee Lai is an agronomist – a soil management and crop production expert – at AH Worth, a 2,000-acre farm in Holbeach Marsh in Lincolnshire.

‘We’ve been growing kale for 20 years, hand-harvesting to ensure only the freshest leaves are picked. We use science-based forecasting that monitors light and heat to predict our harvest dates to make sure we get the best yields.

‘Kale is great for the immune system as it contains almost four times the vitamin C content and twice the selenium content of spinach, as well as nutrients like vitamin E, calcium, vitamin D and vitamin A.’

I love to fry kale in garlic butter. Or lightly sprinkle it with olive oil, salt and pepper, then bake until crisp



BACON & KALE ONE-POT PASTA

Serves 4

Takes 45 mins

Cost per serve 88p

50g butter

150g smoked streaky or back bacon, cut into 1-2cm dice

1 onion, finely diced

4 garlic cloves, crushed

300g linguine or spaghetti

1 reduced-salt chicken stock cube, made up to 1ltr

180g pack curly kale, thick stems removed

½ lemon, zested and juiced

½ tsp crushed chillies
Parmesan or Grana Padano shavings, to serve (optional)

1 Melt the butter in a large lidded pan, wide enough for the linguine to lie pretty much flat. Gently sizzle over a low-medium heat for 8 mins, scraping the bottom of the pan frequently to stop the butter sticking, until well browned but not burned.

2 Add the bacon pieces and fry for 5-6 mins until browned and crisp. Remove with a slotted spoon and set aside on a plate lined with kitchen paper. Add the onion and garlic to the pan and fry for 8 mins until softened. Season with black pepper and a little salt.

3 Add the linguine and stock, making sure most of the pasta is submerged. Cover, bring to a low simmer and cook for 15 mins,

stirring occasionally, until the linguine is tender but still has a little bite.



4 Stir through the kale (add a splash of water if anything's sticking to the bottom of the pan; there should be just enough liquid to coat the pasta) and put the lid back on. Cook for a further 5 mins until the kale is wilted and soft. Stir through the bacon, lemon juice and crushed chillies. To serve, scatter over the lemon zest and Parmesan shavings, if using.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2073kJ 495kcal	22g	11g	5g	2g
25%	31%	53%	5%	33%

of the reference intake. See page 9.
Carbohydrate 57g Protein 16g Fibre 4g

CHILLI KALE FRIED RICE

Serves 4  

Takes 15 mins

Cost per serve £1.14

5cm piece fresh ginger,
peeled and grated

1 red chilli, thinly sliced

1 lime, ½ juiced, ½ cut
into 4 wedges

3 tbsp soy sauce

1 tbsp vegetable or
sesame oil

4 garlic cloves, thinly
sliced

180g pack curly kale,
thick stems removed

2 x 250g packs

microwave wholegrain
rice

100g bunch spring
onions, thinly sliced

4 medium eggs, lightly
beaten

1 Mix the ginger, chilli, lime juice and soy sauce in a small bowl; set aside.

2 Heat the oil in a large nonstick frying pan over a medium-high heat. Once shimmering, add the garlic slices and kale; stir-fry for 3–4 mins until the garlic is browned and crisp and the kale has wilted.

3 Add the rice and most of the spring onions, then stir-fry for 3 mins or until heated through. Scrape everything to the sides of the pan to make a wide well in the centre, then add the beaten eggs and stir-fry for 2 mins to scramble.

4 Pour over the soy sauce mixture and gently stir everything together. Cook for 2 more mins, then scatter with the remaining spring onions. Serve with the lime wedges for squeezing over.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1433kJ 341kcal	11g	2g	4g	2.6g
17%	16%	11%	5%	43%

of the reference intake. See page 9.
Carbohydrate 43g Protein 15g Fibre 5g

On the table in 15 minutes

MEET THE GROWER



Bernardo Llobera is an agronomist at AMFresh, who have been growing clementines along the Mediterranean coast of Spain for over 50 years.

'We pick our clementines with leaves in November and December, meaning the fruit is picked at its fullest, deep orange colour. Sixty million of our clementines are picked and packed especially for Tesco. They're grown in sundrenched, frost-free areas no further than 50km from the coast, as far north as Tarragona and as south as Murcia. Our clementine trees are pruned annually to allow both airflow and sunshine to go through the canopy, to obtain the best eating quality.'

The best way to eat clementines is directly from the tree or with leaves, which is as close as it gets to freshly picked

CLEMENTINE GRANITA

Serves 6

Takes 20 mins
plus 8 hrs freezing

Cost per serve 51p

CLEVER SWAP For a Buck's Fizz granita, use 600g clementines and add 200ml prosecco or other sparkling wine, along with the lemon juice in step 1.

- 2 x 600g packs clementines, juiced (you need 500-600ml)
- 2 tbsp white caster sugar
- 1 lemon, juiced
- whipped cream, to serve (optional)
- 1 orange, zested and cut into slices to serve (optional)

1 Strain the clementine juice through a sieve into a mixing bowl. In a separate small bowl, mix the sugar with 50ml water to dissolve, then stir into the juice. Stir through the lemon juice.

2 Pour into a glass or ceramic dish about 20 x 20cm, then transfer to the freezer, uncovered. Freeze for 8 hrs, stirring with a fork every 2 hrs to break it up into shavings, until completely set.

3 To serve, spoon into bowls and top with whipped cream, orange zest and orange slices, if you like. The granita will keep for up to 1 month in the freezer; break it up again with a fork before serving.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
271kJ 64kcal	0g	0g	14g	0g
3%	0%	0%	16%	0%

of the reference intake. See page 9.
Carbohydrate 15g Protein 1g Fibre <1g
Source of vitamin C






Easy festive dessert

RECIPES NANCY ANNE HARBORD PHOTOGRAPHY GARETH MORGANS FOOD STYLING MIMA SINCLAIR PROP STYLING VICTORIA ELDRIDGE
To sterilise glass jars, wash in hot, soapy water and rinse well. Dry in the oven for 15-20 mins at gas 1, 140°C, fan 120°C until hot and completely dry. Boil metal lids and rubber seals for 10 mins, then leave to dry

Perfect edible gift

Why not try?

CLEMENTINE & GINGER MARMALADE

Makes 6 x 300g or
5 x 350g jars   

Takes 2 hrs 30 mins, plus
overnight soaking

Cost per 300g jar £1.04

LOW ENERGY To soften the clementine peel in a slow-cooker, use 850ml water instead of 1.35ltr, then cook on low for 6-8 hrs. Transfer to a large pan and continue from step 3.

2 x 600g packs
clementines, scrubbed
well to remove any wax
150g fresh ginger,
trimmed and finely
grated to a pulp (no
need to peel)

1.5kg granulated sugar
4 lemons, juiced (you
need 150ml)

1 Halve the clementines, widthways, then slice as thinly and evenly as possible with a small, serrated knife. Transfer to a mixing bowl with the grated ginger and cover with 1.35ltr water. Place a small plate over the fruit to keep it under water, then cover the bowl with clingfilm. Chill overnight.

2 The next day, tip everything into a large jam pot or deep sauté pan. Bring to a boil over a medium-high heat, then reduce the heat to low and simmer very gently without stirring for 1 hr or until the peel is very soft, poking down any pieces of fruit that rise above the liquid once or twice during cooking. If you don't have a sugar thermometer, put a saucer in the freezer for testing the jam is ready later on.

3 Add the sugar and lemon juice to the jam pot or pan, stir briefly, then return to a gentle simmer over a medium heat. Reduce the heat to low, then cook without stirring for 20 mins, skimming any foam from the surface, until the sugar has completely dissolved.

4 Turn up the heat to medium and simmer briskly for 30-40 mins until the mixture reaches 105°C on a sugar thermometer, stirring occasionally, and continuing to skim off any foam. Check the

temperature after the first 15 mins – the longer it's simmered for after reaching 105°C, the thicker the marmalade will be. If you don't have a thermometer, spoon a little marmalade onto the frozen saucer – it should start to set within 5 mins and form a skin that wrinkles when pressed. If it's not ready yet, continue to cook, checking the temperature or spooning a little onto the frozen saucer every 5-10 mins.

5 When the marmalade is ready, remove from the heat and set aside for 15 mins to thicken slightly. Carefully spoon into hot, sterilised jars* and seal while still warm. Turn upside down for 2 mins, then stand them the right way up again (this should create a vacuum seal). Leave to cool to room temperature before wiping down the jars and labelling, then leave for at least 24 hrs before using. Store in a cool, dark place for up to 1 year; once opened, keep in the fridge.

Each serving (1 tbsp) contains

Energy	Fat	Saturates	Sugars	Salt
162kJ 38kcal	0g	0g	9g	0g
2%	0%	0%	10%	0%

of the reference intake. See page 9.
Carbohydrate 9g Protein 0g Fibre 0g

New

Coffee?
Dessert?
Combined.



NESCAFÉ

Available in the majority of larger stores

Available at **TESCO**

**Caramel flavoured mocha and Sticky Toffee Pudding flavoured latte. Serving suggestion.
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TASTES LIKE CHRISTMAS

That first mince pie or trip to a Christmas market is super special – bring on more festive feels with these incredibly Christmassy recipes

Waffles with no-churn
gingerbread latte ice
cream p36

Bring the Christmas market home



CHRISTMAS MARKET TREAT

WAFFLES WITH NO-CHURN GINGERBREAD LATTE ICE CREAM	1 tbsp boiling water, cooled
	100g condensed milk
	300g pack mini gingerbread men
Serves 8  	2 tbsp caster sugar
Takes 20 mins plus freezing	½ tsp ground cinnamon
Cost per serve 99p	2 x 4-packs Tesco Finest Belgian sugar waffles
	red, green and black writing icing, to serve (optional)
300ml pot whipping cream	golden galaxy sprinkles, to serve (optional)
1 tsp ground ginger	golden syrup, to serve (optional)
1 tbsp Tesco Finest intenso microground coffee, made up with	

1 Pour the whipping cream into a large bowl, add the ground ginger and whip to medium-stiff peaks. Stir through the cooled coffee and condensed milk.

2 Put 150g of the gingerbread men in a plastic food bag and bash to chunky crumbs with a rolling pin. Stir the crumbs through the cream mixture, then transfer to a 2ltr container and level the surface. Cover and freeze for at least 4 hrs or until solid. Serve immediately or, if freezing for longer, remove from the freezer 15 mins before serving to soften a little.

3 When ready to serve, bash 30g gingerbread to crumbs as before; set aside. Mix the sugar and cinnamon in a shallow bowl. Lightly toast the waffles, then carefully toss in the cinnamon sugar to coat. Decorate 8 gingerbread men with writing icing and sprinkles, if you like.

4 Top each waffle with 1 scoop of ice cream and add a gingerbread man to each plate. Scatter with the crushed gingerbread and sprinkles, then drizzle with golden syrup, if you like. Leftover ice cream will keep in the freezer for up to 3 months



Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2139kJ 513kcal	31g	16g	29g	0.6g
26%	44%	82%	33%	10%

of the reference intake. See page 9.
Carbohydrate 51g Protein 6g Fibre 2g

FUN FAMILY BAKE

ICED CHRISTMAS TREE BISCUITS

Makes 22   freeze unbaked dough; defrost in the fridge overnight

Takes 1 hr plus chilling, cooling and setting

Cost per serve 28p each

100g butter
100g light brown soft sugar
1 medium egg, beaten
few drops of vanilla extract
1 tsp mixed spice
275g plain flour, plus extra for dusting
1-2 tsp milk, if needed
15g tube green food colouring gel
3 tbsp milk chocolate beans, to decorate
1 tsp white chocolate stars, to decorate
2 tsp golden galaxy sprinkles, to decorate

For the icing

2 medium egg whites
450g icing sugar
15g tube green food colouring gel

1 Beat together the butter and brown sugar in a large mixing bowl until light and creamy, then stir in the egg and vanilla extract. In a separate bowl, stir the mixed spice through the flour, then stir into the creamed mixture. Turn out onto a lightly floured surface and press together to form a dough, adding a little milk if needed to help it come together. Roll into a ball, then wrap in clingfilm and put in the freezer for 30 mins to chill.

2 Line 2-3 baking sheets with nonstick baking paper. Roll out the dough on a very lightly floured surface to 4mm thick. Stamp out 22-24 Christmas tree shapes using a cutter. If you don't have a cutter, make a triangular template from paper, around 9cm tall (including a little trunk) and 8cm at the broadest point; lay it on the pastry and cut around it with a sharp knife. Re-roll the trimmings as needed. Place on the trays and chill for 30 mins.

3 Preheat the oven to gas 4, 180°C, fan 160°C. Bake the biscuits for 12-14 mins until just golden.

Leave to cool on the trays for 5 mins, then transfer to wire racks to cool completely.

4 For the icing, whisk the egg whites and icing sugar in a mixing bowl with an electric whisk for 5 mins until the consistency of toothpaste. Whisk slowly at first to avoid clouds of icing sugar, increasing the speed once everything's combined. Put a third of the icing into a second bowl, then spoon 3 tbsp icing from the large bowl into a third small bowl; cover with clingfilm and set aside.

5 Stir the green colouring through the largest bowl of icing, then transfer to a disposable piping bag. Snip a small hole in the end and pipe an outline around the biscuit edges. Set aside for 5 mins. Squeeze the remaining icing back into the bowl.

6 Loosen the remaining green icing and the larger bowl of white icing with a few drops of water, until each is the consistency of single cream. Spoon green icing onto the biscuits to fill two-thirds, then drizzle over the white icing. Use a cocktail stick to swirl together. Set aside for 4 hrs or overnight to set – or, if short on time, heat the oven to its lowest setting and put the biscuits inside for 30 mins to set.

7 Dot on the reserved 3 tbsp thicker white icing with a cocktail stick, then stick on the decorations. Keep for up to 3 days in an airtight container.

Each biscuit contains

Energy	Fat	Saturates	Sugars	Salt
757kJ 180kcal	4g	2g	25g	<1g
9%	6%	12%	27%	1%

of the reference intake. See page 9.
Carbohydrate 34g Protein 2g Fibre 1g

Cute edible gift

GREAT VALUE

Make and freeze the biscuit dough. Defrost the dough overnight in the fridge, then make, bake and decorate the biscuits when you're ready to create your edible gifts.





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AND WHOLE
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*the perfect treat for any
Christmas get-together.*



Snaps in a no-alcohol wine

CHRISTMAS SHOPPING REWARD

POMEGRANATE & VANILLA MULLED WINE

Serves 8   

Takes 20 mins plus
infusing

Cost per serve £1.33

MAKE AHEAD Infuse for up to 2 hours. If you are dipping in during the course of a day, make up on the hob, transfer to a slow-cooker, then serve when you like. Leftovers will keep for up to 24 hours in the fridge – reheat on the hob or in 30-second bursts in the microwave.

1 Using a sharp knife, make a slit lengthways along the vanilla pod and scrape out the seeds into a large saucepan. Add the pod along with all the remaining ingredients.
2 Bring to a simmer, reduce the heat and steam over a very low heat for 10 mins. Remove from the heat and leave to infuse for at least 30 mins. When ready to serve, return to a low heat to warm through, being careful not to let it boil. Ladle into heatproof glasses to serve.

Each serving contains


Energy	Fat	Saturates	Sugars	Salt
525kJ 125kcal	0g	0g	12g	1g
6%	0%	0%	13%	3%

of the reference intake. See page 9.
Carbohydrate 12g Protein 1g Fibre 1g

Cover
recipe

88p

per serve

FIRST MINCE PIE
OF THE SEASONMERINGUE-TOPPED
MINCE PIESMakes 12 Takes 35 mins plus
cooling

Cost per serve 88p

CLEVER SWAP Swap the homemade caramel sauce for a jar of Tesco Finest salted caramel sauce, and the Italian meringue for Tesco Finest meringue shells, securing the shells in place with a little caramel.

2 x 6-packs Tesco Finest all-butter pastry mince pies

25g roasted chopped hazelnuts

24 black cherries in kirsch, plus 6 tsp liquid from the jar

For the caramel sauce

100g caster sugar

20g butter

100ml whipping cream

For the Italian meringue

200g caster sugar

3 medium egg whites

¼ tsp cream of tartar

1 tbsp lemon juice

1 For the caramel sauce, heat the sugar in a pan over a medium heat until dissolved, gently swirling occasionally but do not stir. If it gets a little dark before the sugar has fully dissolved, remove from the heat and swirl until completely melted and a dark golden amber. Remove from the heat, then gradually whisk in the butter and cream (it will bubble up, so take care). If it begins to clump, return to a gentle heat, stirring, until melted. Pour into a heatproof jar and leave to cool completely. If making ahead, the sauce will keep, sealed, in the fridge, for up to 1 week (on chilling it will thicken). Gently heat the required amount on the hob or in the microwave for 5-10 secs to loosen.

2 For the Italian meringue, put the sugar in a small saucepan over a medium heat with 50ml water and a sugar thermometer resting in it, swirling the pan occasionally, until it reaches 120°C. If you don't have a thermometer, carefully spoon a little of the syrup into a bowl of cold water; it will hold together. Allow it to cool a little, then try to re-shape with your fingertips – it should be tough and difficult to mould into a different shape.

3 Meanwhile, use an electric whisk to beat together the egg whites and cream of tartar to stiff, frothy peaks in a large non-plastic bowl. Aim to reach this point around the same time that the sugar is ready.

4 Remove the sugar from the heat and wait a few secs for it to stop bubbling. Whisking the egg whites on a medium-high speed, add the sugar syrup in a thin, steady stream about the thickness of a pencil, taking care not to pour it onto the whisk itself.

5 Preheat the grill to high. Add the lemon juice to the meringue mixture, then whisk at full speed for a further 3-5 mins until thick and shiny. Spoon into a disposable piping bag; snip off the end about 1cm in at an angle. Pipe a tall swirl of meringue on top of each pie. Toast under the hot grill for 1-2 mins until lightly golden. Scatter with the hazelnuts, then drizzle with caramel sauce and a little of the cherry liquid. Serve with the cherries alongside.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1512kJ 359kcal	12g	7g	45g	0.2g
18%	17%	36%	50%	3%

of the reference intake. See page 9.
Carbohydrate 59g Protein 4g Fibre 2g

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TAKE A BREAK

The festive lunch range has landed in The Café – along with a selection of festive drinks and sweet treats

This **Cheeseboard Baguette**, £5.25, pairs mature Cheddar and crumbly Wensleydale with a caramelised red onion chutney.

Pigs Under Blankets Toastie, £4.95, is a brilliant twist on a festive favourite.

If cheese toasties could get any better... enter this oozing **Brie & Cranberry Toastie**, £4.75.

Upgrade your breakfast to an indulgent **Brie & Bacon Croissant**, £4.25.

All that Christmas shopping making you peckish? Head to The Café to explore the festive range. Enjoy light bites in classic Christmas flavours alongside hot drinks and sweet treats. Don't miss the special Gold Collection items, featuring on-trend gold chocolate for total decadence.

The
Café

Go Snack To Basics


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You can help

Find out how you can help local communities in this year's Winter Food Collection

Tesco is celebrating 11 years of feeding local communities with its charity partners FareShare and the Trussell Trust. They've provided a whopping 48 million meals thanks to Tesco food collection events for food banks and frontline charities since 2012 – and they couldn't have done it without your help.

This year's Winter Food Collection takes place in all larger stores between 30 November and 2 December, and in all Express stores between 27 November and 2 December. And there are lots of ways you can get involved.

More than
48m

meals have been provided by Tesco shoppers since 2012 through food collections

Did you know?

Donations aren't just for Christmas! You can donate at any time of year using the permanent collection points in all stores.

1

The easiest way to give is to buy an extra tin, jar or packet when you're shopping in store, then drop it into the collection point on the way out. This year, most-needed items include UHT milk, jarred cooking sauces, rice, pasta, cereal and tinned items like meat, fish and fruit.

2

If you're not sure what to give, you can find pre-packed donation bags in store. These contain a mix of essential items and can be purchased at the checkout alongside your own shopping.

4

If you can't make it into store, you can still help by donating the value of your Clubcard vouchers to FareShare or the Trussell Trust. Find out how at tesco.com/clubcard/donate-to-charity.

3

Forgot to pick up any extra items to put in the collection when you were shopping? During the donation period, you can round up your shopping to the nearest £1 at the till, meaning you can still help.

TESCO Food Collection

In partnership with





What's tastier
than a burger?

CHOCO BURGER



Find us on the
cakes' shelf



Available in the majority of larger stores

Available at **TESCO**

Make-ahead Christmas


Freezable festive favourites to make now, saving you time and energy on the big day

'Mince pie' pancakes
p48

Easy but special breakfast



'MINCE PIE' PANCAKES

Makes 16  

Takes 40 mins

Cost per pancake 12p

MAKE AHEAD Freeze for up to 6 weeks: to defrost, microwave in batches for 1 min-1 min 30 secs, or cover with foil on a tray and bake at gas 4, 180°C, fan 160°C for 10-12 mins, or pop in the toaster. Make the batter the night before and chill. If it thickens too much on standing, loosen with a splash of milk.

300g self-raising flour
2 tsp mixed spice
1 tsp ground cinnamon
3 tbsp light brown soft sugar
375ml semi-skimmed milk
1 egg, beaten
2 tsp vanilla extract
100g sultanas, roughly chopped
3 tbsp Italian mixed peel
1 tbsp vegetable oil
icing sugar and maple syrup, to serve (optional)

1 Mix the flour, spices and sugar in a large mixing bowl and make a well in the centre. Pour the milk and egg into a jug, then whisk with the vanilla. Slowly whisk into the dry ingredients to make a smooth batter. Stir in the sultanas and mixed peel.
2 Heat a large, nonstick frying pan over a medium-low heat and brush with a little vegetable oil. Working in batches, spoon in tablespoons of batter to make roughly 7-8cm pancakes. Fry for 1-2 mins until bubbles appear on the surface and the edges are beginning to set, then flip and cook for a further 1 min or until puffed up and golden on both sides. If making ahead, transfer cooked pancakes to trays lined with baking paper for quick cooling (or, if you want to eat the pancakes straightaway, cover with foil to keep warm).
3 Repeat with the remaining batter, stirring between batches as the fruit will sink on standing. Brush with a little more oil every few batches. If making ahead, freeze the pancakes on the trays for 1 hr until solid, then transfer to freezer bags or containers. Serve dusted with icing sugar and drizzled with maple syrup, if you like.

Each pancake contains

Energy	Fat	Saturates	Sugars	Salt
536kJ 127kcal	2g	1g	9g	0.2g
6%	3%	3%	10%	4%

of the reference intake. See page 9.
Carbohydrate 23g Protein 3g Fibre 1g
Low in saturated fat; source of calcium

Squash,
cranberry &
mushroom
Wellington
p50

£1.20
per serve



Heat-and-serve veggie showstopper



DRINK MATCH



Complement this
vegetarian dish
with Tesco Finest
Montepulciano
d'Abruzzo, £7.75*,
with its juicy black
fruit, spices and
chocolate finish.

*Price excludes Scotland and Wales
be drinkaware.co.uk

SQUASH, CRANBERRY & MUSHROOM WELLINGTON

Serves 8  

Takes 2 hrs plus
cooling and chilling

Cost per serve £1.20

MAKE AHEAD Freeze for up to 2 months: unwrap, brush with egg, then bake from frozen at the same temperature for 30 mins. Loosely cover with foil, then bake for a further 40 mins. Remove the foil and bake for a final 5-10 mins until crisp and golden.

CLEVER SWAP To make it vegan, swap the cheese for 1 tbsp nutritional yeast. Glaze the pastry with a dairy-free milk-alternative instead of egg.

1.2kg butternut squash, peeled
2 tbsp olive oil
1 onion, diced
3 garlic cloves, crushed
10g fresh sage, leaves picked and finely chopped
150g chestnut mushrooms, diced
180g pack cooked whole chestnuts, roughly chopped
50g dried cranberries
1 slice of bread, blitzed into crumbs (about 35g)
1 egg, beaten
500g block puff pastry flour, for dusting
85g hard goat's cheese, finely grated

1 Preheat the oven to gas 6, 200°C, fan 180°C. Cut the squash into thirds along its length, then cut each piece into 6-8 chunky wedges (discard the seeds). Transfer to a lined baking tray, toss with 1 tbsp oil, season, then roast for 30-40 mins, until tender. Set aside to cool.

2 Meanwhile, heat the remaining oil in a large frying pan over a medium heat and fry the onion for 5 mins, or until softened but not coloured. Stir in the garlic and sage, cook for 1 min, then add the mushrooms. Fry for another 10 mins, stirring, until the mushrooms have reduced and any water released has evaporated. Stir in the chestnuts and cranberries and cook for 1 min more.

3 Remove the pan from the heat and stir in the breadcrumbs and half the beaten egg. Set aside to cool to room temperature.

4 To assemble, cut off about a third of the pastry and roll out on a large, lightly floured sheet of baking paper to a rectangle about 18 x 26cm.

Arrange the roasted squash down the length of the pastry, leaving a 3cm border around the edges. Stir the goat's cheese through the mushroom stuffing; season. Pack the stuffing on top of the squash to create a rounded log shape.

5 Roll out the remaining pastry on a lightly floured surface until large enough to cover the Wellington. Brush the pastry border around the squash with beaten egg, then lift the second pastry sheet on top to cover, using your rolling pin to help. Firmly press the edges together with a fork. Trim to neaten, then press the pastry edges firmly together with a fork again. Cut out shapes from the pastry trimmings and use to decorate the top, sticking on with more egg, if you like. Brush all over with the remaining egg.



6 If eating on the day, chill the Wellington for 1 hr (if making ahead, freeze until solid, then wrap well in clingfilm or foil). Preheat the oven to gas 6, 200°C, fan 180°C. Bake for 30-40 mins, until golden brown and crisp.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1860kJ 444kcal	21g	9g	14g	0.8g
22%	30%	46%	15%	13%

of the reference intake. See page 9.
Carbohydrate 51g Protein 11g Fibre 3g

CARROT & PARSNIP DAUPHINOISE

Serves 8 as a side  

Takes 1 hr 45 mins

Cost per serve 48p

MAKE AHEAD Freeze for up to 2 months. Defrost in the fridge for 24 hrs, then bring to room temperature 1 hr before baking. Bake, covered, at gas 6, 200°C, fan 180°C for 15 mins, then remove the foil, top with the sage and bake for another 20 mins.

20g unsalted butter
500g fat carrots, peeled and sliced into 5-6mm pieces
5 garlic cloves, thinly sliced
5g fresh thyme, leaves picked (or 1½ tsp dried thyme)
10g fresh sage, leaves picked, most finely chopped (or 1½ tsp dried sage)
1½ tbsp plain flour
½ vegetable stock cube, made up to 200ml
400ml double cream
500g parsnips, peeled and sliced into 5-6mm pieces
30g grated pecorino

1 Preheat the oven to gas 4, 180°C, fan 160°C. Melt the butter in a large, lidded saucepan over a medium heat. Add the carrots, garlic, thyme and chopped herbs and fry for 2 mins, stirring. Add 2 tbsp water, reduce the heat a little to medium-low, then cover and cook for 8 mins.

2 Stir in the flour until the dustiness has disappeared, then gradually stir in the stock and cream. Tip in the parsnips and bring everything to a gentle simmer. Cook for 5 mins, stirring occasionally, then season and remove from the heat. Transfer to a baking dish about 20 x 25-30cm scraping the last of the sauce over the top.

3 Scatter with the cheese, then cover with a foil tent (peaking the foil in the centre so it doesn't stick to the top of the dauphinoise) and bake for 40 mins.

4 If making ahead, remove from the oven and set aside to cool completely. If serving straightaway, increase the oven to gas 6, 200°C, fan 180°C. Remove the foil, top with the whole sage leaves and bake for another 20 mins, until golden and bubbling and the veg is tender when pierced with a knife. Leave to rest for 10 mins before serving.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1405kJ 340kcal	28g	17g	9g	0.3g
17%	40%	87%	10%	5%

of the reference intake. See page 9.
Carbohydrate 15g Protein 4g Fibre 6g



Win

Bonne Maman® Advent Calendar

Buy any Bonne Maman sweet spread,
yoghurt or chilled dessert

Text **BONNE2**, your full name
& postcode to 60110

by 11.59pm on 21.11.23.

Texts charged at your standard network rate. Please retain receipt.
Internet access required for receipt upload



Opens 00:00 24/10/23. Closes 11:59pm 21/11/23. Daily opening time 00:00, daily closing time 23:59. UK 18+ only. 70 winners randomly drawn per day each win a Bonne Maman Advent Calendar, containing 17 mini jars of jams & spreads and 6 herbal & fruit infusions. 2,030 prizes in total. 1 entry per person per day. Each entry must be accompanied by a different receipt. Max 1 prize per person. Any prizes claimed after 26/11/23 are not guaranteed to arrive before 1st December 2023. The promotion appears cross-media, across Bonne Maman sweet spread, yoghurt and chilled dessert products, but there is only 1 prize pool. Standard rate text charges apply. Texts may fall outside any text inclusive packages. Check with your network provider. Full terms and conditions at <https://tesco.com/tesco-competitions/>. Promoter: Tesco Stores Ltd. Supplier: Andros UK. Administrator: Prizeology Limited.



Only at **TESCO**

48p
per serve

*New way
with root veg*

Carrot & parsnip
dauphinoise
p50

BEST-EVER BREAD SAUCE

Serves 8  

Takes 1 hr 25 mins

Cost per serve 25p

MAKE AHEAD Freeze for up to 3 months; defrost overnight in the fridge or for a few hours at room temperature. Heat through gently in a pan, or in a microwave in bursts until piping hot. Alternatively, keep in the fridge for 2-3 days.

600ml whole milk, plus extra to serve (optional)
30g butter, plus extra 1 tbsp, melted, to serve (optional)
1 onion, halved and thickly sliced
2 large bay leaves
8 peppercorns
6 whole cloves
125g crustless soft white bread, blitzed into breadcrumbs
½ tsp grated nutmeg
250ml vegetable oil
3 shallots (or 1 small onion), finely sliced
3 tbsp whipping cream, plus extra to serve (optional)

1 Put the milk in a saucepan over a low heat with 30g butter, onion, bay leaves, peppercorns and cloves. Just as the milk is beginning to simmer gently, remove from the heat and set aside to infuse for 1 hr.

2 Strain the milk through a sieve into a clean saucepan, discarding the solids left behind in the sieve. Add the breadcrumbs and bubble gently, stirring, over a medium heat for 3-4 mins until creamy and thickened a little. Add the nutmeg; season to taste.

3 If making ahead, pour the sauce into a freezer-safe container and sit a piece of baking paper (or clingfilm) directly on the surface so a skin doesn't form. Leave to cool completely before freezing.

4 To serve, add enough oil to a small frying or saucepan to come

1cm up the side and heat over a medium heat until the surface of the pan shimmers and a piece of shallot shimmers immediately when dropped in. Fry the shallots in batches for 1-2 mins, stirring occasionally with a slotted spoon, until dark golden brown. Transfer to kitchen paper to drain and crisp up.

5 Stir the cream through the hot bread sauce, loosening with an extra splash of milk or cream if you prefer. Transfer to a serving bowl, drizzle with the melted butter, if using, then top with the crispy shallots.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
713kJ 171kcal	11g	5g	5g	0.3g
9%	15%	27%	6%	5%

of the reference intake. See page 9.
Carbohydrate 13g Protein 5g Fibre 1g
Low in sugar, low in salt

Made special with crispy shallots

More ways to get ahead

CHRISTMAS DINNER

ESSENTIALS Stuffing, gravy and roast potatoes can be made now and frozen – this will even make your spuds extra crunchy!

START YOUR CHRISTMAS PUDDING

Mixing bowls at the ready: 'Stir-up Sunday' is 26 November. Traditional puddings can be 'fed' with alcohol from then until Christmas. If you're not a fan of mincemeat, try our Sticky date, ginger & sherry toffee pudding recipe at [tes.co/altxmaspudd](https://www.tesco.co.uk/recipes/altxmaspudd), which can be frozen.

EDIBLE GIFTS Preserves like jams, chutneys and flavoured alcohols can be made now to store for Christmas – try our Clementine & ginger marmalade on p33.

BUY LONGER-LIFE ESSENTIALS

Get jars, biscuits and nibbles now to give you less to worry about next month. Check out our best buys on p10.

THE PERFECT
FINISHING
TOUCH



Adding a gourmet flourish to even the simplest dishes couldn't be easier: just drizzle them with **De Nigris Intense Flavour Balsamic Vinegar of Modena**.

Our **Platinum Label** variety has a **thicker consistency and a richer flavour**, thanks to its 65% density of grape must.

Find De Nigris Platinum Label Balsamic Vinegar with **30% off until November 28th** in Tesco stores and at Tesco.com
Discover delicious recipes using De Nigris Platinum Label Balsamic Vinegar of Modena, and the rest of our range on our website.

SCAN HERE



FOR MORE



30%
OFF

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Host in style

Get ahead of the game this year with everything you need for seasonal entertaining with Festive Food to Order

HOW TO ORDER

1 BROWSE

Visit tesco.com/festive-food to find the full range. Alternatively, pick up the Festive Food to Order brochure in selected stores.

2 CHOOSE

Pick a slot to have your order delivered or pick it up via Click+Collect. Delivery Saver customers can order from 6am on 7 November; other customers can order from 6am on 21 November.

3 FILL YOUR ONLINE BASKET

Festive Food items must be confirmed by 11.45pm on 14 December, but you can amend or add to your order up until 11.45pm the day before your delivery or collection. Be sure to check out within two hours to secure your delivery or collection slot. Online orders will then be delivered between 20 and 23 December* and Click+Collect orders can be collected between 20 and 23 December.



GIVE ME MORE!


Scan this QR code to view the Festive Food to Order brochure online now.



Food & friends

Say 'Cheers!' with an award-winning lager shared over dinner with those who mean the most to you

FENNEL-CRUSTED ROAST PORK WITH ROCKET & FENNEL SALAD

Serves 8 

Takes 2 hrs 15 mins plus
resting

4 small red onions,
unpeeled and halved
1 garlic bulb, halved
6 fresh thyme sprigs,
plus extra to garnish
4 fresh rosemary sprigs,
plus extra to garnish

4 bay leaves
2kg pork loin joint
2 tbsp extra-virgin olive oil
2 tbsp fennel seeds,
ground
2 x 60g bags wild rocket
1 fennel bulb, shaved into
strips with a vegetable
peeler, fronds picked
4 oranges, segmented
and juices reserved
8 ciabatta rolls, warmed
and sliced in half
4 tbsp redcurrant jelly

1 Preheat the oven to gas 8, 230°C, fan 210°C. Arrange the onions, garlic, thyme, rosemary and bay leaves in a large roasting tin. Top with the pork, drizzle with 1 tbsp oil, then sprinkle over the fennel seeds and massage them into the rind. Pour 200ml water into the tin.

2 Cook for 20 mins, then reduce the oven to gas 4, 180°C, fan 160°C and roast for a further 1 hr 25 mins until the rind is crisp and the meat is cooked through. Cover with foil and set aside to rest for 20-30 mins.

3 In a bowl, toss the rocket, fennel shavings and fronds, orange segments and juice with the remaining 1 tbsp oil, then set aside.

4 When ready to serve, garnish the pork with the extra herbs, then remove the string and thinly slice. Drizzle with any resting juices and serve with the rolls, rocket salad and redcurrant jelly for assembling.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
3093kJ 741kcal	41g	15g	16g	1.1g
37%	59%	77%	18%	19%

of the reference intake. See page 9.
Carbohydrate 53g Protein 37g Fibre 7g



PERFECT PAIRING

Brewed with four hop varieties, Birrifico Angelo Poretti 12 x 330ml bottles, £15* (£3.79/itr), has a full flavour and balanced bitterness, which makes it an ideal lager for pairing with food.

Through the grapevine

Insider tips on choosing your festive bottles, navigating the wine aisle like a pro, and trying something new

With so many wines to choose from, sometimes it's easier to trust in an old favourite than pick out an unknown bottle; what if you don't like it? Enter Tesco Finest wines. We spoke to Tesco in-house wine expert Lauren Ballantyne about why you can always rely on this brilliant range.



Trust in the Tesco own-label wines – they're blended personally by our team of experts in collaboration with our wonderful suppliers to provide excellent quality and value



Lauren Ballantyne
Wine product developer
at Tesco



TESCO
finest ★ >>

Starting out?

If you feel overwhelmed in the wine aisle, Lauren suggests this trick: 'If you like, say, a New Zealand Sauvignon Blanc, maybe try one from Chile or France instead. Different climates can make a huge difference to flavours, so you can still try something different, but with a strong chance you'll love it.'



Good vines

Many Tesco Finest wines have won awards at the International Wine Challenge (IWC) or International Wine & Spirit Competition (IWSC). This logo means the bottle is deemed by industry experts to be high quality.



BLEND THE RULES

'Never say no to red wine with fish. A delicate white fish would need a delicate white wine, but tuna, say, can stand up to a lighter red - a Pinot Noir works brilliantly'

LAUREN BALLANTYNE,
Wine product developer
at Tesco

New designs

They say you can't judge a book by its cover - but the same can't be said for Tesco Finest wines. They've had a makeover, so now their newly designed labels reflect the quality of the wine inside and tell the story of each producer.

82%

...of Tesco
Finest wines are
award winners**

BOTTLE BANK

We asked Lauren which bottles she'll be stocking up on for Christmas...



'Pedro Ximenez is lusciously sweet, so it can be enjoyed on its own, slightly chilled,' says Lauren. 'Or try pouring it over vanilla ice cream for dessert - my favourite.' As it's packed with flavours of raisin and fig, **Tesco Finest Pedro Ximenez Sherry 37.5cl, £7.25*** (£19.33/ltr), is also beautiful with mince pies and gingerbread.



'**Tesco Finest South African Stellenbosch Chenin Blanc, £8.75***, is one of my favourites in the range due to its versatility. It's great value and really good with food.' Try it with creamy chicken, mildly spicy dishes or seafood to enhance its apricot and pear aromas.



Looking for a bottle for your festive table? Look no further. '**Tesco Finest McLaren Vale Grenache, £11***, goes fantastically with a Christmas dinner,' says Lauren. The Australian wine has depth and intensity that stand up to the strong flavours of roast meat, gravy and veg.



Love Sauvignon Blanc? 'I think **Tesco Finest Côtes de Gascogne, £7.50***, is a great alternative,' says Lauren. The crisp apple finish makes it so drinkable, plus it's vegan, so more people can enjoy it. Try it with Tesco Plant Chef Butternut Wellington, fish, seafood or white meat like turkey.

BATTLE OF THE BUBBLES

Prosecco wins when...

...you want classy bubbles on a smaller budget. It also works really well with party food.

'Serve **Tesco Finest Prosecco Rosé Brut** with a variety of canapés, cheeses and charcuterie boards, or even a fruit salad,' suggests Lauren.

Tesco Finest
Prosecco
Rosé Brut, £8*

Champagne wins when...

...you have fish on the menu. 'Champagne has high acidity, which works amazingly with seafood,' says Lauren. **Tesco Finest Premier Cru Champagne** works with fried food too, making it ideal for buffet parties.

Tesco Finest
Premier Cru
Champagne, £25*



TESCO
finest★

New

ZERO *calories*
same **GREAT TASTE**



NOW ON THE GO

Shloer **ZERO**

AVAILABLE IN 4 x 250ML



Available in the majority of larger stores

Available at **TESCO**

DRINKS

From cocktails to bottles, find all you need to celebrate the festive season in style

50+

SEASONAL
DRINKS & IDEAS
TO STRETCH
YOUR BUDGET

MARMALADE MERRIMENT

Put ½ tsp **marmalade** in a coupe glass; add 2 tsp **brandy**. Top up with **Condesa de Flores Cava Brut**. Twist a strip of pared **orange** zest over the glass to serve.



Cava is a versatile fizz and works great in a spritz – learn how with our guide, p68.

WINES · SPIRITS · COCKTAILS · ALCOHOL-FREE

THE COOL LIST

Behold: the latest and greatest ideas for your bar



FIRE & SPICE

Whether it's a chilli rim around the edge of the glass or smoky flavours in the ingredients, it's all about drinks that deliver a truly sensory experience this season with fire, spice and all things nice.

CRACK OPEN THE COGNAC

Coveted by royals and rock stars, it's hardly surprising that Cognac is making a comeback. Whether enjoyed straight up in a snifter glass or mixed into a cocktail (Sidecar, anyone?), **Rémy Martin V.S.O.P. Cognac 70cl, £44.50** (£63.57/ltr), is our pick with aromas of vanilla, apricot, liquorice and ripe fruit. **2 units and 57kcal/50ml serve** (114kcal/100ml)



RETRO REVIVAL

It wouldn't be Christmas without **Warninks Advocaat 70cl, £15** (£21.43/ltr), the star ingredient in a Snowball, topped with lemonade and lime cordial, then garnished with a cherry. Now the nostalgic bottle is enjoying a comeback as a new generation discovers its credentials. **1 unit and 65kcal/25ml serve** (259kcal/100ml)



Liqueurs steal the limelight

Case in point is the new **Tesco Finest Winter Pomegranate Gin Liqueur 70cl, £14** (£20/ltr), which is sweet and juicy with fragrant botanicals. Pour into a flute, top with prosecco and serve with a twist of orange peel; or add to a goblet filled with ice, top with tonic water and garnish with a grapefruit wedge. **0.5 units and 42kcal/25ml serve** (169kcal/100ml)

RUM ON THE RISE

Packed with flavour and ready for its turn in the spotlight, rum is back. At the forefront is **Bacardi Caribbean Spiced Rum 70cl, £25 (£35.71/ltr)**, blending smooth aged rum with spices, pineapple and coconut. Mix with cola for a tropical toast. **1 unit and 58kcal/25ml (232kcal/100ml)**



Time for tequila

Tequila is finally getting the airtime it deserves with premium brands arriving on the scene that are designed to be sipped not slammed. Appreciate their smell and savour their flavour. They're sure to get the party started.

GREAT-QUALITY DRINKS, GREAT FESTIVE VALUE

At Tesco, not only can you be sure that great value is celebrated, but also that quality is guaranteed. Make the festive period memorable – whether you're having canapés with friends, a full family Christmas feast, or seeing in the New Year. Look out for offers in store and online that will make your money go further.

TESCO
Clubcard

GIVE ME MORE!

Download the Tesco Grocery & Clubcard app to view the latest offers and access your Clubcard vouchers and coupons all in one place.



TAKE FLIGHT

Whether shots, cocktails or wine, flights (a selection of a specific drink served together) are on trend right now. Serve up when hosting at home as a fun new way of presenting drinks.



Create a buzz at your Christmas soir e with surprising garnishes – pop a candy cane in a classic Eggnog or a strip of crispy bacon in a Bloody Mary (yes, really!)



CONSCIOUS CHOICES

From sustainable ingredients to artisanal methods and recycled packaging, drinks connoisseurs are paying more attention to the eco-credentials of the drinks they buy, giving them a cleaner conscience and an interesting talking point.

Say 'yes' to no

The market for low- and no-alcohol drinks has never been bigger, as we continue to prioritise balance in our lives and with increasingly more interesting alternatives that don't compromise on fun or flavour. Whether you're driving, having a night off alcohol or simply exploring 'sober-curiosity', you no longer need to miss out.

MAKE THE MOMENTS

From Christmas Eve to New Year's Eve, these spirits – and the cocktails they can make – will see you through the season



Spiced
Whisky
Sour, p66



White
Christmas
Mojito, p66






Gin-gle
Juice,
p66

Spiced
Coffee
Alexander,
p66



SPICED WHISKY SOUR

Serves 1    Takes 5 mins
1.9 units and 171kcal per drink (134kcal/100ml)

Pour 50ml **Glenfiddich Single Malt Scotch Whisky 12 Year Old**, 25ml **lemon juice**, 15ml **maple syrup**, a pinch of **mixed spice** and 10g **egg white** or **aquafaba** into a cocktail shaker with a handful of **ice cubes**. Shake hard then strain into a jug, discarding the ice. Return to the shaker to froth up, then pour into a sour glass. Garnish with a slice of **orange** (for extra flair, toast this in a dry nonstick frying pan) and sprinkle with a pinch of mixed spice to serve.




Each serving contains

Energy	Fat	Saturates	Sugars	Salt
717kJ 171kcal	0g	0g	13g	0.1g
9%	0%	0%	14%	1%

of the reference intake. See page 9.
Carbohydrate 15g Protein 1g Fibre <1g

Glenfiddich Single Malt Scotch Whisky 12 Year Old 70cl, £39.50 (£56.43/ltr), is a regular winner at global whisky awards. Distilled using the same highland spring water since 1887, this creamy, slightly sweet spirit retains a bright freshness.

WHITE CHRISTMAS MOJITO

Serves 1    Takes 5 mins
2 units and 334kcal per drink (176kcal/100ml)

Rub a **lime** wedge around the rim of a tumbler, then dip into 8g **desiccated coconut** to coat. Pour 50ml **Ron Santiago de Cuba Añejo 8 Year Old Rum**, the juice of ¼ lime, 2 tsp **caster sugar**, the leaves from 1 **mint sprig** (slap first to release the aromas), and 100ml **tinned coconut milk** into a cocktail shaker. Shake until the sugar has dissolved. Fill the glass with **crushed ice** and strain the cocktail over. Garnish with a mint sprig and half a lime slice.




Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1387kJ 334kcal	19g	16g	11g	0g
17%	27%	81%	12%	0%

of the reference intake. See page 9.
Carbohydrate 12g Protein 1g Fibre 1g

Ron Santiago de Cuba Añejo 8 Year Old Rum 70cl, £25.25 (£36.07/ltr), is a smooth, aromatic rum due to the sugar cane that is unique to the Oriente region of Cuba. The addition of coconut milk complements the rum's vanilla and cacao flavours.

GIN-GLE JUICE

Serves 1    Takes 2 mins
2.2 units and 184kcal per drink (61kcal/100ml)

Fill a highball glass with **ice cubes**, then add 50ml **Whitley Neill Distiller's Cut Dry Gin**, 25ml **orange juice** and 50ml **pomegranate juice** drink; stir gently to mix. Top up with **tonic water**, then add 10g **pomegranate seeds** and a spiral of **orange** peel to serve.




Each serving contains

Energy	Fat	Saturates	Sugars	Salt
771kJ 184kcal	0g	0g	14g	0g
9%	0%	0%	16%	0%

of the reference intake. See page 9.
Carbohydrate 15g Protein 0g Fibre 0g

Whitley Neill Distiller's Cut Gin 70cl, £29.75 (£42.50/ltr), is a classic London dry gin with notes of bitter-sweet dried orange peel, a touch of white pepper and a pleasant juniper character. It has won gold at numerous spirits awards, and it'll win over you and your guests too.

SPICED COFFEE ALEXANDER

Serves 1    Takes 5 mins
0.9 units and 292kcal per drink (252kcal/100ml)

Make up 25ml strong **black coffee**, sweeten with 1 tsp **sugar**, then set aside to cool. Stir 50ml **double cream**, a pinch of **mixed spice** and a few drops of **vanilla extract** together in a jug. Pour the cooled coffee, 25ml **Fundador Sherry Cask Brandy** and 25ml of the spiced cream into a cocktail shaker with a handful of **ice cubes**. Shake well, then strain into a small coupe glass. Whip the remaining cream and spoon on top, gently spreading it to the rim. Sprinkle with an extra pinch of mixed spice and garnish with a **cinnamon stick**.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1205kJ 292kcal	24g	15g	5g	<0.1g
15%	34%	74%	6%	1%

of the reference intake. See page 9.
Carbohydrate 5g Protein 1g Fibre <1g

Fundador Sherry Cask Brandy 1ltr, £22.25, is aged in casks seasoned with exclusive fino, amontillado and oloroso sherry wines to give a complex flavour. Its sweet, woody notes work in perfect harmony with the dark, rich black coffee in this luscious cocktail.

MERRY MARGARITA

Serves 1    Takes 5 mins

1.6 units and 121kcal per drink (133kcal/100ml)

Wet the rim of a margarita glass with lime juice, then dip it in flaky sea salt to coat. Pour 50ml Silver Patrón Tequila, 25ml triple sec and 25ml cranberry juice into a cocktail shaker with a handful of ice cubes. Shake very well, then strain into the prepared glass and garnish with a lime twist and fresh cranberries, threaded onto a cocktail stick.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
504kJ 121kcal	0g	0g	7g	1.0g
6%	0%	0%	8%	16%

of the reference intake. See page 9.
Carbohydrate 7g Protein 0g Fibre 0g

Silver Patrón Tequila 70cl, £46.50 (£66.43/ltr), a smooth and sweet handcrafted tequila, proves this spirit deserves more appreciation. This one is made in small batches and comes in an attractive hand-numbered bottle, reflecting the craftsmanship poured into it.

RHUBARB GIN FIZZ

Serves 1    Takes 5 mins

2 units and 160kcal per drink (89kcal/100ml)

Use a vegetable peeler to peel a strip of rhubarb from ½ stick. Concertina onto a cocktail stick and set aside. Pour 15ml Edinburgh Gin Rhubarb & Ginger Liqueur into a flute glass and top up with chilled rosé prosecco. Garnish with the rhubarb ribbon.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
672kJ 160kcal	0g	0g	12g	0g
8%	0%	0%	13%	0%

of the reference intake. See page 9.
Carbohydrate 12g Protein 1g Fibre <1g

Edinburgh Gin Rhubarb & Ginger Gin Liqueur 50cl, £15 (£30/ltr), conjures up memories of old-fashioned sweet shops. Oriental ginger and tangy rhubarb fuse surprisingly delicately, making it a great base for cocktails such as this spritz – a classy, Christmassy drink with a vintage feel and a touch of nostalgia.



Merry Margarita

Rhubarb Gin Fizz

Put on the spritz

Entertaining couldn't be easier when you set up a seasonal spritz station and invite guests to build their own wintry spin on the summer tippie

BUILD YOUR OWN

Style your spritz station by grouping together prosecco, spirits, mixers, glassware, ice and garnishes. Encourage guests to get creative while sticking to the rule of 3 parts prosecco, 2 parts spirit and 1 part mixer.

Step 1: Prosecco

A spritz starts with a fizz base. Our pick is Tesco Finest Prosecco, £8 – with citrus and pear flavours, it tastes fresh and elegant. Cava is a good swap for prosecco if you prefer the drier taste.

Step 2: Spirit

Have a mix of spirits to hand – choose the bottle that suits the flavour profile you want most. Warming, wintry flavours, such as our picks opposite, are ideal for the festive season.

Step 3: Mixer

Great mixers for a spritz are soda or tonic water, so ensure you've got plenty of both – and don't forget to finish with ice!

GREAT VALUE

A spritz is a great way of making your bubbly and spirits go further with the addition of a mixer and ice.





THE BITTER ONE

This classic white vermouth – a type of fortified wine – has a fresh, bitter-sweet and zesty flavour with herbal aromas. In a spritz, it adds a nice sweetness. It'll be your new favourite winter aperitif! Vermouth Bianco 1ltr, £7.80. 0.7 units and 69kcal/50ml serve (138kcal/100ml)



THE ALMOND ONE

The famous Italian liqueur is unmistakable. The sweet, almond-rich drink has a pleasing amber colour and a warming finish. Paired with prosecco, it adds an edge of marzipan to the bubbles. Disaronno Originale 50cl, £17.25 (£34.50/ltr). 0.7 units and 77kcal/25ml (308kcal/100ml)



THE SWEET ONE

Like rhubarb crumble in a glass, this classic gin base is spiced with ginger extract and essence of rhubarb. Topped with prosecco, you get a light and fruity spritz. Whitley Neill Rhubarb & Ginger Gin 70cl, £29.75 (£42.50/ltr). 1.1 units and 77kcal/25ml (308kcal/100ml)



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this Christmas



Be a food adventurer. Because great wine deserves great food. Enjoy some of our favourite dishes with our teams' spice tips that make food that little extra special.

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DISHES**
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Made for socials

Naughty or nice? There's a cocktail to suit with these Instagrammable creations

NAUGHTY ELF HOT CHOCOLATE

Serves 1 Takes 10 mins
0.6 units and 392kcal per drink
(177kcal/100ml)

Brush a little **Disaronno Velvet Liqueur** around the rim of a heatproof latte glass. Put ½ tsp **red velvet dusting** on a plate, then dip the glass rim in to coat. Pour 25ml Disaronno Velvet Liqueur into the glass. Heat 150ml **whole milk** until just simmering, then add 25g chopped **white chocolate** and some **vanilla extract**. Take off the heat, stirring until smooth. Add a little **green food colouring**, then pour into the glass. Garnish with a **candy cane** to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1640kJ 392kcal	19g	12g	38g	0.6g
20%	27%	62%	42%	10%

of the reference intake. See page 9.
Carbohydrate 40g Protein 8g Fibre <1g

Disaronno Velvet Liqueur 50cl, £16.50 (£33/ltr), is a luxurious cream liqueur with all the taste of the original and a smooth and silky texture. It's delightful in a rocks glass over ice, or great for perking up a mug of hot chocolate.



SANTA'S HARD SODA FLOAT

Serves 1 Takes 2 mins
1 unit and 186kcal per drink
(73kcal/100ml)

Pour 25ml **Smokehead Islay Single Malt Scotch Whisky** into a tall glass and add a handful of **ice cubes**. Top up with **cola**, leaving some space, then add a scoop of **vanilla ice cream**. Garnish with a **glacé cherry**.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
778kJ 186kcal	5g	4g	21g	0.1g
9%	7%	19%	23%	1%

of the reference intake. See page 9.
Carbohydrate 21g Protein 2g Fibre 1g



Smokehead Islay Single Malt Scotch Whisky 70cl, £36.50 (£52.14/ltr), stands out from the crowd with its punchy notes of smoke, sea salt and earthy peat. The intense richness of the Scotch is offset by sweet vanilla ice cream.



GET INVOLVED Why not get creative and share your own seasonal concoctions with us on Instagram? Simply tag @tescofood

Pair like a pro

Host like a sommelier this season with wines to match festive dishes and expert knowledge you can use to dazzle friends

This crisp white from coastal New Zealand has layered notes of fresh citrus and green tropical fruits.

Yealands was the first winery in the world to hold carbon-zero status from day one, so you can rest assured of its sustainability.

Yealands Sauvignon Blanc, £10. 1.6 units and 92kcal/125ml serve (74kcal/100ml)

TRY IT WITH... salads and poached salmon.



With notes of grapefruit, orange blossom and pear, this well-balanced Chilean Chardonnay is made with organically grown grapes. The bicycle on the charming label tells of the farm workers pedalling to the vineyards.

Cono Sur Organic Chardonnay, £9.50. 1.7 units and 103kcal/125ml serve (82kcal/100ml)

TRY IT WITH... seafood on Christmas Eve, or with pre-dinner almonds.

This iconic flask-shaped bottle contains the original Portuguese rosé, and it's simply bursting with strawberry flavour. The light sparkle and bright pink hue add a touch of fun to each sip.

Mateus Rosé, £6.25. 2 units and 124kcal/175ml serve (71kcal/100ml)

TRY IT WITH... cold meats at a Boxing Day buffet.





Grown at the foothills of the Argentinian Andes, this rich Malbec is aged for eight months in oak barrels, giving it subtle notes of oak. You'll find hints of plum, cherry, chocolate and black pepper, with a smooth finish. **Trivento Private Reserve Malbec**, £11. 1.7 units and 90kcal/125ml serve (72kcal/100ml)

TRY IT WITH... rich Camembert and extra-mature Cheddar.



More than 10 years of ageing – including 26 months in oak barrels – have gone into this special red wine. It's made up of 86% Tempranillo grapes, giving an intense aroma with notes of spice and ripe fruit. **Faustino I Gran Reserva**, £18. 2.5 units and 154kcal/175ml serve (88kcal/100ml)

TRY IT WITH... roasted red meats or a nut roast at a Christmas Day feast.



A special occasion calls for a special drink, and this Champagne will toast any moment in style. A blend of Pinot Noir, Pinot Meunier and Chardonnay grapes results in a beautiful fizz, with the flavours of white peach and orange blossom. **Piper-Heidsieck Brut NV**, £39. 1.5 units and 86kcal/125ml serve (69kcal/100ml)

TRY IT WITH... canapés, like pigs in blankets, on New Year's Eve.

Everyone's invited

Serve up a tray of alcohol-free G&Ts at your next party

Gordon's non-alcoholic spirit uses the same botanicals that are in its London Dry gin, so it has the same great piney juniper taste. Give it a try first with the ready-to-drink G&T can in which it's expertly mixed with tonic and lime.

Gordon's Alcohol Free 0.0% 70cl, £15 (£21.43/ltr). 0 units and 0kcal/25ml serve. Gordon's Alcohol Free 0.0% with Tonic 4 x 250ml, £5.50 (£5.50/ltr). 0 units and 63kcal/250ml serve (25kcal/100ml)



No fewer than four botanicals are perfectly balanced in this alcohol-free alternative to Tanqueray's traditional gin, which features the same juniper and citrus flavour for which it has become famous. Complex and oh-so Christmassy. **Tanqueray Alcohol Free 0.0% 70cl, £17.50 (£25/ltr). 0 units and 6kcal/50ml serve (12kcal/100ml)**

DISCOVER THE SOUL OF MADRID

Madrí Excepcional is a unique collaboration between the brewers of La Sagra and Molson Coors. It has all the taste characteristics of a Mediterranean-style lager, full of flavour and aroma at 4.6% ABV, with a light golden colour. Crisp, clean and refreshing, Madrí Excepcional has a smooth, well-rounded taste profile with a short, bitter finish.



be [drinkaware.co.uk](https://www.drinkaware.co.uk)
Brewed in the UK

Regular price: £14.50 / Clubcard price: £11

Clubcard price valid 07/11/23 – 31/12/23

Clubcard / app required. While stocks last. Available in the majority of larger stores.

Available at **TESCO**



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UNWRAP THE BEST



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whitleyneill.com

be.drinkaware.co.uk




Available in the majority of larger stores.

Available at **TESCO**

Look who's back

Reckon vodka has had its day? Think again! The versatile spirit is ready to sparkle – here are three ways how...

CLASSIC VODKA MARTINI

Serves 1    Takes 5 mins
2.2 units and 137kcal per drink
(162kcal/100ml)

Add a handful of **ice cubes** to a jug. Pour in 15ml **dry vermouth** and 50ml **Triple Distilled Vodka**; stir well for 30 secs. Strain into a chilled martini glass and garnish with an **olive** or two.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
569kJ 137kcal	2g	<1g	0g	0.4g
7%	2%	1%	0%	7%

of the reference intake. See page 9.
Carbohydrate 0g Protein 0g Fibre <1g

PAIR WITH FOOD

Vodka and salmon are like wine and cheese: a match made in heaven. Mix the spirit with tonic and serve the salmon on creamy blinis with other festive nibbles.

£13

SIP IT, DON'T SLAM IT

Try sipping it in a tall, narrow shot glass to appreciate its clean aromas with a delicate sweetness on the palate and a peppery finish.

Tesco Triple Distilled Vodka 70cl, £13 (£18.57/ltr)

WRAP IT UP

Stuck for present ideas? Gift a bottle with something to say

TRENDING TIPPLES

Liqueurs are back with a bang, Chilean wines are making waves, and pre-mixed cocktails are a thing! Behold: of-the-moment bottles with ultimate bragging rights.

1 The premium triple sec orange liqueur made with sweet and bitter orange peels.
Cointreau 50cl, £18 (£36/ltr). 0.9 units and 96kcal/30ml serve (320kcal/100ml)

2 A twist on a classic – add ice and shake to serve. **Tails Cocktails Raspberry Cosmopolitan 50cl, £15 (£30/ltr). 1.9 units and 174kcal/125ml serve (139kcal/100ml)**

3 This Chilean red wine has plum and cherry aromas.
Casillero del Diablo Reserva Especial Cabernet Sauvignon, £10. 1.7 units and 98kcal/125ml serve (78kcal/100ml)

SECRET
SANTA



WOULD YOU BELIEVE IT?

You'll want to big up the credentials of these quality sips to friends and family... Just don't tell them how little you bagged them for (well, they probably wouldn't believe you, anyway!).

1 An iconic Scottish gin created from 11 fine botanicals distilled into a beautiful bottle.
Hendrick's Gin 70cl, £31.50 (£45/ltr). 1 unit and 54kcal/25ml serve (216kcal/100ml)

2 This full-bodied Aussie red wine comes pleasingly presented in a colourful gift box.
Penfolds Bin 28 Shiraz, £31. 1.5 units and 159kcal/125ml serve (127kcal/100ml)

3 This cream liqueur is made using single malt Irish whiskey and white Belgian chocolate.
Cooles Swan Superior Irish Cream Liqueur 70cl, £26 (£37.14/ltr). 0.8 units and 150kcal/50ml serve (300kcal/100ml)

4 Inspired by Penfolds' former chief winemaker, this classy red comes in a presentation box.
Penfolds Max's Shiraz Cabernet, £21. 1.5 units and 159kcal/125ml serve (127kcal/100ml)

UNDER THE TREE



BOTTLE SERVICE

These bottles will impress even the most discerning friends and family members. Each has a story to tell, from beautiful packaging to interesting production methods, making for great talking points.

1 Bitter-fresh and aromatic, this hand-crafted Italian organic gin comes in packaging that's a gift in itself. **Engine Organic Gin 70cl, £33.50** (£47.86/ltr). 1.1 units and 58kcal/25ml serve (232kcal/100ml)

2 Celebrate in style with these great-looking bottles – there's a classic vodka or a berry-infused version. **Ciroc Blue Dot Vodka 70cl, £41** (£58.57/ltr). 0.93 units and 56kcal/25ml (224kcal/100ml); **Ciroc Red Berry Vodka 70cl, £41** (£58.57/ltr). 0.93 units and 56kcal/25ml (224kcal/100ml)

3 Aged three times longer than official requirements for Champagne, this fizz delivers both maturity and freshness. **Lanson Le Black Création 257, £39. 1.5 units and 95kcal/125ml serve** (76kcal/100ml)

WOW-
FACTOR



A little indulgence

Treat yourself to something that's as versatile as it is special

The creamy toffee and vanilla notes of this Scotch whisky make it more versatile than you think. More than 29 whiskies are in the blend, resulting in a smoky finish that's ideal for winter. Sip it neat, or try the four winning ways on this page. **Johnnie Walker Black Label Blended Scotch Whisky 70cl, £33.50 (£47.86/ltr). 2 units and 110kcal/50ml serve (220kcal/100ml)**

ON THE ROCKS

Use large ice cubes as they will melt more slowly.



CLASSIC COCKTAIL

Mix into an Old Fashioned – visit [tes.co/oldfashioned](https://www.tes.co.uk/oldfashioned) for a recipe.



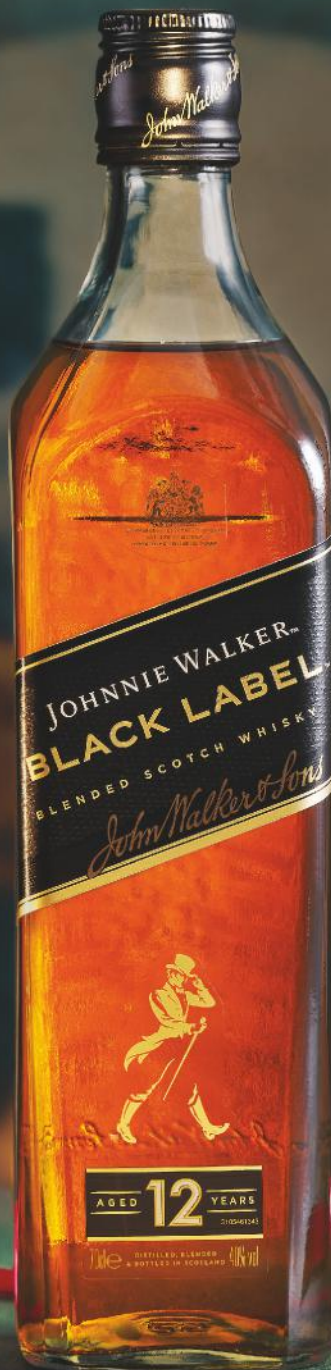
LONGER SERVE

Try a Highball – top 50ml whisky with lemonade and lots of ice.



IN A DESSERT

Soak into Hot Toddy cake squares – visit [tes.co/hottoddycake](https://www.tes.co.uk/hottoddycake).



All the feels

Treat yourself to two easy cocktails that will make your senses tingle!

POPPING CANDY

Crunchy, whizzy popping candy is a fun treat that sends us straight back to our childhood. Feel it crack then tingle on your tongue as you eat it.

TRY IT IN... a Frozen Mudslide. Simply top your creamy cocktail with a spoonful of popping candy for added texture... and Instagram appeal.

CHILLI SALT

Lip-puckering and fiery at the same time, salt and chilli are a marriage made in cocktail heaven, adding punch and flavour to a range of drinks.

TRY IT IN... a Paloma Mocktail. Rub a wedge of lime around the rim of a highball, dip and rotate it in chilli salt until evenly covered, then pour your drink.

GIVE ME MORE!

Scan the QR code for these cocktails and more on Tesco Real Food.



HOW TO...

CHRISTMASSIFY YOUR GLASS

SWEET SURPRISE

Think toppings of candy canes, crushed cookies and marshmallows: storecupboard treats are the way forward.

GET FRUITY

Skewer winter fruits on a cocktail stick to create a festive 'kebab' to lay across the glass.

ICE COOL

Add chopped herbs, such as rosemary and thyme, to an ice tray with water and freeze.

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EDITION

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Discover
COLLECTIBLE JARS



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3 DESIGNS TO REUSE

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Page 7

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SPF DAY CREAM
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NIGHT CREAM
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Deck the halls

Whether the tree goes up in November or you wait until the last minute, style it your way with these glorious decorations

Decorations from
50p

Blush crush

Create a soft, calm space for cosy gatherings with the Intimate range of decorations. We love its muted colours and on-trend pinky brushed metallics. Set the tone with warm string lights and an understated tree topper.

Explore the full range of decorations in store or online.

Turn the page for more inspiration



COMFORT & JOY(FUL)

Festivities don't come more feel-good than the charismatic decs in the Joyful collection, which matches bright, bold colours with slogans and quirky characters. And the tree? This one's ideal for hallways and living rooms, so make a statement and show a little Christmas joy around the house.

Decorations
from
50p ↗

GIVE ME MORE!

Scan this QR
code to visit the
Tesco Christmas
Shop online.





PICK 'N' MIX

When decorating your tree, go for a considered look. Stick to one main colour and choose ornaments in varying shapes, sizes, and textures. Then throw in a few surprises to keep things fun.

This bauble is from the new March Muses collection. Find out more about this range on p92



1



2



3

4



CLASSIC REVIVAL

Give festive tradition a twist with the Golden Hour collection. Think classic designs with a contemporary spin and a craft-like look inspired by Christmases past, upgraded for modern families. Expect rich forest tones, bright pops of red and natural motifs at every turn.



5



Update your tree for less by buying just a few key decs for 2023. Mix and match new and old for an eclectic look that's both timeless and on-trend!

1 Toadstool Decoration, £2.75; 2 March Muses Ballerina Hanging Decoration, £3.75; 3 Gold Glitter Star, 50p; 4 Skiing Mouse Decoration, £3.75; 5 Light-Up Red Bauble, £3.75. Gift bags, wrap and accessories available in store only. See in store for pricing.

PRACTICALLY PERFECT

Wrap up your shopping early with great gifts that will last for years

Take full satisfaction in knowing you've nailed your festive gift buying with time to spare. Even better is knowing you've picked a gift they both need and want! Cross the big items off your list now and you've got time later to top up their stocking with smaller gifts. Grab a drink, warm up a mince pie and check out our round-up of the best electrical buys.

1 Bosch Tassimo Suny Coffee Machine, £49; 2 Wahl Colour Pro Clipper, regular price £37, Clubcard price £25*; 3 TRESemmé Keratin Smooth Hairdryer with Marula Oil, regular price £45, Clubcard price £35*; 4 Philips Lady Shave 6000 BRL126/00, regular price £40, Clubcard price £30*; 5 Philips MG5730/33 Trimmer†, regular price £50, Clubcard price £40*; 6 Philips Series 3000X Shaver Black, regular price £60, Clubcard price £50*; 7 Crockpot 6.5ltr Slow-Cooker, £40; 8 Revlon One-Step Hairdryer and Volumiser, £55; 9 Tower Vortex 4ltr Digital Air-Fryer, regular price £74, Clubcard price £49**; 10 Remington F4 Foil Shaver, £45



5

GREAT VALUE

Feel satisfied you've bought them something they'll use again and again.

*Clubcard Price available in selected stores from 26 October to 27 December 2023. **Clubcard Price available in selected stores from 9 November to 20 December 2023. All while stocks last. Clubcard/app required. Packaging subject to change. Part of an assortment; other variants available.



Best of the rest

From foodie finds and quality toys to pet pampering, there's something for everyone in store and online



From top left: Dog Puzzle Food Challenge, £8; Chilli Sauce Trio, £6; Rainbow Lava Lamp, £15; Neon Effect Message Frame, £8; Grazing Boards Book, £8; The Drinks Bar Make Your Own Pink Gin Carafe, £8; The Smoke House Make Your Own BBQ Rub Kit, £10; Festive Animotsu^{††}, £5; The Cocktail Bar Espresso Martini, £8.50; 10 Kids vs. Grown-Ups Quiz, £5; The Mandalorian Water Bottle, £8



There's a Christmas card for everyone and every budget, with prices starting from just 25p.

Season's greetings

You know it's nearly Christmas when the first card drops onto your doormat. This year, Tesco cards celebrate more than the festive season...

Make it personal with a card specially chosen with that person in mind. You know when you've found the right card – it leaps off the shelf at you! This year, Tesco is excited about the new March Muses range, with its

festive designs that celebrate diversity. The company's founders Natalie Duvall and Alison Burton realised their children didn't see themselves represented in cards and decorations, so teamed up to create March Muses. Look out for their decs and cards in store.

DON'T LET PAINFUL CRAMPS HOLD YOU BACK THIS CHRISTMAS

Targeted relief of IBS pain

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**100%
NATURAL
PEPPERMINT OIL**



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MAT-XU-2303950 (V1.0) August 2023

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LEAKS



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Available in the majority of larger stores.



been sent isn't genuine. A scam often doesn't address you by name, and may make the message sound urgent to panic you. For more help spotting fake emails, go to tescobank.com/security.

4 Signed, sealed, delivered

It's common for deliveries to be missed or rescheduled. But if you get a message saying you've missed a delivery and there's now a charge due or you risk losing your parcel, don't click on a link to pay – because there's a high chance this is a scam. Contact the sender or courier company directly, via details you trust.

5 Help your children stay safe online

Looking to buy a new device for your child? Tesco Mobile, together with online safety expert Internet Matters, has created the Little Digital Helps Toolkit to help you set it up so they can browse and game safely. Visit tes.co/digitaltoolkit and simply answer a few quick questions about your child's digital habits to receive tailored advice on things including screen time limits and privacy settings.



TESCO Bank

Merry clickmas

With Christmas and Black Friday on the horizon, follow these tips to help protect yourself when spending online

As more of us spend money online, it's helpful to be up to speed on scams looking to cheat you out of your cash. Tesco Bank and Tesco Mobile have lots of tips and advice online, but start by keeping these five things in mind to help your family be better protected.

1 **Stick to what you know**
Flashy graphics and last-minute deals can be tempting but you're best off using trusted sites when buying online. If you want to buy from somewhere new, check the reviews first. Be wary of any websites or socials that have been made recently or don't have a lot of followers.

2 **Create strong passwords**
When checking out, you might be asked to set up an account with a password. Create one using a mix of upper- and lowercase letters, numbers and symbols, and set reminders to change passwords regularly. Where possible, add further protection by enabling two-factor authentication, which will create an extra layer of security for your accounts.

3 **Spot poor spelling**
We all make typos, but lots of poor spelling and grammatical mistakes can indicate the website you're looking at or email you've

Did you know?

Online fraud can happen to anyone – 78% of fraud cases start online*, so it's especially important to protect your financial details.



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Light up the table

Be inspired by the Indian street-food scene with these celebratory nibbles

Mini lamb kebab skewers
p98

Perfect for Diwali

This year the Hindu festival of lights will be celebrated on 12 November.



MANDY THOMPSON
RECIPE WRITER
(mandythompson
food.com)

A first-generation British Asian 'with a hint of East African heritage', Mandy combines authentic flavours with clever shortcuts to bring maximum flavour to the party. 'My Indian street food-inspired recipes are a perfect blend of flavours, spices and textures, reflecting the vibrant and diverse culture of India,' she says.

MINI LAMB KEBAB SKEWERS

Makes 16 🍴❄️ freeze

uncooked kebabs

Takes 35 mins plus chilling

Cost per serve 56p

COOK'S TIP Prefer things spicier? Add a chopped green chilli to the mince mixture.

1 tsp coriander seeds
½ tsp cumin seeds
500g lamb mince, 10% fat
1 small onion, finely chopped
1 garlic clove, crushed

1–2 tsp red chilli powder, to taste

1 tsp dried mint or 3 tbsp fresh mint, chopped

15g fresh coriander, finely chopped

1 lemon, juiced

1 tsp vegetable oil

cucumber ribbons and pomegranate seeds, to serve (optional)

For the dipping sauce

5 tbsp natural yogurt

15g fresh mint, leaves

picked and finely chopped, plus whole leaves to garnish

½ tsp ground cumin

¼ tsp chilli powder

1 Tip the coriander and cumin seeds into a small frying pan and toast over a medium-high heat for around 2 mins, stirring, until fragrant, toasted and starting to pop. Transfer to a mortar and crush into a powder with a pestle.

2 Put the lamb mince, onion, garlic, toasted spices, chilli powder, herbs and lemon juice in a mixing bowl with 1½ tsp salt. Mix thoroughly.

3 Take a golf ball-sized piece of mince mixture and shape around a skewer to form a mini kebab. Transfer to a lined baking tray, then repeat with the remaining mince to make about 16 kebabs. Cover and transfer to the fridge for at least 30 mins or chill overnight, if you like.

4 Meanwhile, mix all the ingredients for the dipping sauce in a small bowl; season and transfer to the fridge until ready to serve.

5 Heat a large frying pan over a medium heat, add the oil and fry the kebabs in batches for 5–8 mins, turning every few mins, until golden and cooked through. Garnish with the mint leaves. Serve with cucumber ribbons and pomegranate seeds, if you like, with the dipping sauce alongside.

Each kebab contains

Energy	Fat	Saturates	Sugars	Salt
246kJ 59kcal	3g	1g	1g	0.6g
3%	5%	7%	1%	10%

of the reference intake. See page 9.
Carbohydrate 1g Protein 6g Fibre <1g

MASALA DOSA FILO SAMOSAS

Makes 24 🍴🌱🍴❄️ freeze

blended chutney and uncooked samosas; bake from frozen for 20–25 mins

Takes 1 hr plus cooling

Cost per serve 19p

550g floury potatoes, peeled and cut into medium cubes (about 3cm)

3 tbsp vegetable oil

1 tsp mustard seeds

10 dried curry leaves

2cm piece fresh ginger, peeled and finely chopped/grated

1 green chilli, finely chopped (and deseeded for less heat)

2 tsp ground turmeric

1 onion, diced

½ lemon, juiced

15g fresh coriander, roughly chopped

12 sheets filo pastry

nigella seeds (optional)

For the tomato, chilli & garlic chutney

1 large tomato

2 red chillies

½ tsp each ground cumin and kashmiri chilli flakes (or sweet paprika)

2 garlic cloves, peeled

1 Cook the potatoes in a large saucepan of boiling water for 10–12 mins until tender but not falling apart. Drain and set aside to steam dry.

2 Meanwhile, heat 1 tbsp of the oil in a large frying pan over a high heat. Add the mustard seeds and sizzle for 20 secs, then add the curry leaves, ginger, chilli and turmeric. Reduce the heat to medium and cook for 2 mins or until fragrant. Add the onion and fry for 5 mins or until soft, adding a splash of water halfway through.

3 Stir in the cooked potatoes, 1 tsp salt, the lemon juice and coriander, adding a splash of water if it starts to stick, and continue cooking for a further 5 mins. Roughly mash some of the mixture – it should be textured, not smooth. Set aside to cool completely until ready to make the samosas.

4 Preheat the oven to gas 6, 200°C, fan 180°C. To assemble, lay a sheet of filo on a work surface and lightly brush all over with a little of the remaining oil. Top with a second sheet of filo and brush with more oil. With a long edge facing you, cut vertically into 4 strips about 8cm wide.

5 With the short edge facing you, spoon a heaped tablespoon of the masala dosa filling into the bottom left corner of a pastry strip, leaving some space at the edge – around 10mm. Fold over to the right edge to make a triangle, then continue to fold, working your way up the strip. Brush with a little more oil if needed to help the edges stick. Transfer to a lined baking tray and repeat with the remaining filling and filo pastry.

6 Brush the samosas with a little more oil, then scatter with nigella seeds, if you like, before baking for 15–20 mins until crisp and golden.

7 Meanwhile, put all the chutney ingredients in a blender with ½ tsp salt and blitz until smooth. Keep in the fridge until ready to serve alongside the samosas. The chutney can be made a day or two before and kept in an airtight container.

Each samosa contains

Energy	Fat	Saturates	Sugars	Salt
299kJ 71kcal	2g	0g	1g	0.5g
4%	3%	1%	1%	7%

of the reference intake. See page 9.
Carbohydrate 11g Protein 2g Fibre 1g
Low in saturated fat; low in sugar





Masala dosa
filo samosas
p98



Make ahead to freeze for later



Tandoori
chicken
poppadoms
p100



TANDOORI CHICKEN POPPADOMS

Makes 30  

freeze marinated, uncooked chicken

Takes 30 mins, plus cooling and at least 2 hrs marinating

Cost per serve 19p

LOW ENERGY The tandoori chicken can also be made in an air-fryer: cook at 180°C for 10 mins, turn, then cook for a further 2-5 mins or until the juices run clear.

4 chicken thigh fillets, cut into 5cm pieces
2 tsp vegetable oil
70g pack mini poppadoms
½ red onion, thinly sliced
90g mango chutney
10g fresh coriander, leaves picked, to garnish

For the marinade

2 tbsp natural yogurt
½ tbsp vegetable oil
1½ tbsp mild tandoori curry powder
1 heaped tsp ginger & garlic paste
1 tsp ground turmeric
½ lemon, juiced

1 Combine all the marinade ingredients in a large mixing bowl with 1 tsp salt. Stir in the chicken to coat, then cover and chill for at least 2 hrs or overnight. Remove from the fridge 30 mins before cooking.

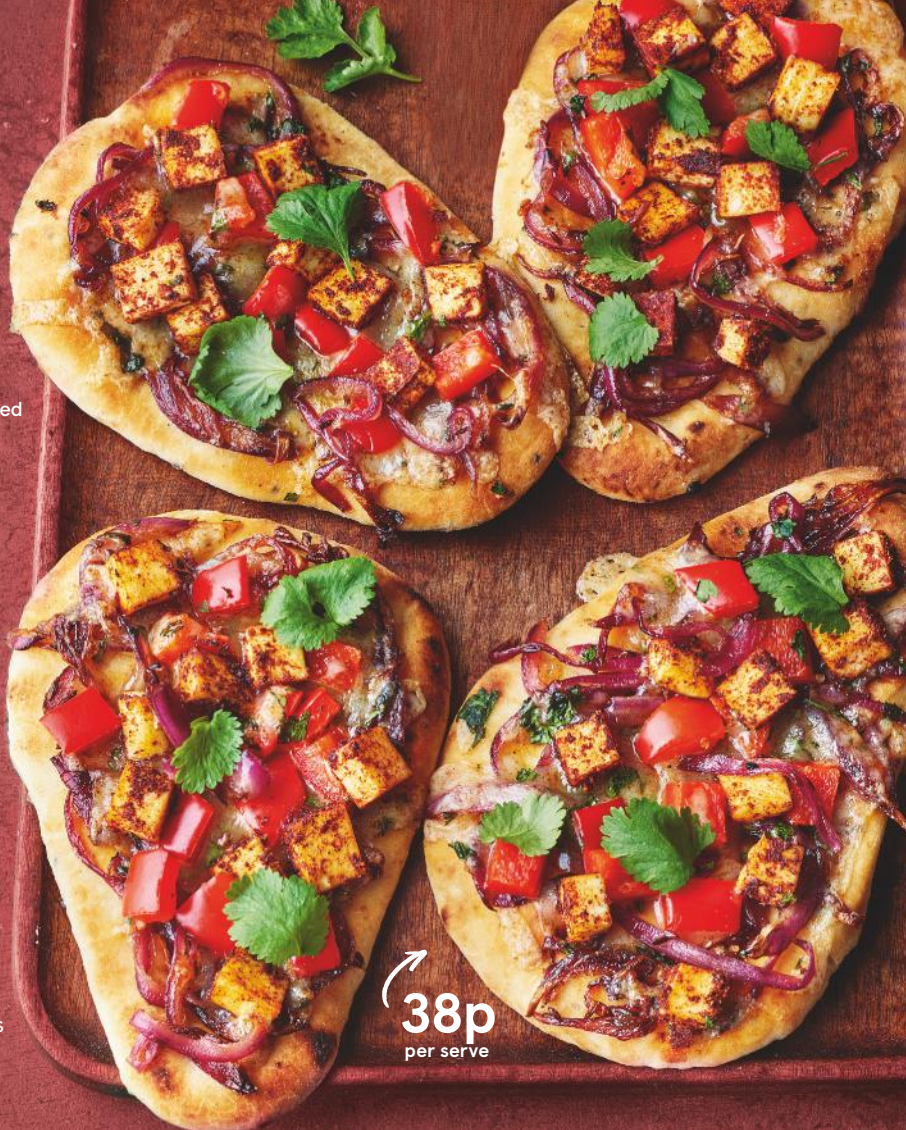
2 Heat 1 tsp of the oil in a medium frying pan over a medium heat. Fry the chicken in 2 batches for 2-3 mins each side, until cooked through and charred in places. Transfer to a plate and repeat with the remaining chicken pieces, wiping out the pan between batches and adding another teaspoon of oil.

3 Let the chicken cool a little, then roughly chop and chill until ready to assemble. To serve, spoon the chicken onto the mini poppadoms, then top each one with a little sliced red onion, mango chutney and coriander.

Each chicken poppadom contains

Energy	Fat	Saturates	Sugars	Salt
219kJ 52kcal	3g	1g	2g	0.4g
3%	4%	3%	2%	7%

of the reference intake. See page 9.
Carbohydrate 3g Protein 3g Fibre <1g



38p
per serve

CHEESE & ONION NAANS

Serves 8  

paneer mixture

Takes 35 mins

Cost per serve 38p

1 tsp oil
1 tsp cumin seeds
1 red onion, sliced
1 tbsp mango chutney
1 tsp ground cumin
1½ tsp hot chilli powder
50g paneer, diced
90g Cheddar, grated
½ small red pepper, deseeded and diced
1 garlic clove, crushed
10g fresh coriander, chopped, plus extra to garnish (optional)
2 plain naan breads

1 Heat the oil in a frying pan over a medium heat. Add the cumin seeds and, once sizzling, stir in the onion. Fry for 10-15 mins, stirring occasionally, until the onions have softened. Stir in the mango chutney, then cook for another 10 mins, adding a splash of water if it starts to stick. Set aside to cool slightly, even if making the naans straight away.

2 Meanwhile, put half the ground cumin and ½ tsp of the chilli powder in a bowl; add the paneer and toss to coat well. In a separate bowl, mix the Cheddar with the remaining cumin and chilli powder, the red pepper, garlic, chopped coriander and a pinch of salt.

3 Preheat the grill to medium-high heat. Put the naan breads on a nonstick baking tray and spread with the caramelised onion mixture, followed by the Cheddar mix, then the paneer. Grill for 5 mins, or until the cheese is melted and golden. Garnish with coriander leaves, if you like, then slice to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
716kJ 171kcal	7g	4g	4g	0.6g
9%	10%	18%	4%	10%

of the reference intake. See page 9.
Carbohydrate 19g Protein 7g Fibre 2g





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Up your sandwich game

Available in larger stores

Available at **TESCO**

How to make...

Perfect pastry

Do you know your shortcrust from your choux?
The world of pastry can seem daunting,
but it's not as tricky as it seems!

MYTH BUSTER TRUE or FALSE?

FALSE PASTRY HAS TO BE MADE WITH ALL BUTTER

Butter is the classic ingredient for flavour and ease. But a rough puff or puff pastry works really well with 50% butter and 50% lard or vegetable fat. Either produces a really flaky pastry.

TRUE IT'S IMPORTANT TO CHILL PASTRY BEFORE AND AFTER WORKING WITH IT

Chilling shortcrust, puff and rough puff pastries helps to stop it shrinking during baking. Wrap and chill after making the pastry, then once it's been shaped to allow the fat to re-harden.

FALSE I NEED SPECIAL TOOLS

A pastry blender is handy, but fingertips or a food processor will work just as well. Place a saucer on the rolled out pastry as a template to cut out a round.

*Did you
know?*

Unless labelled 'all butter', most ready-made shop-bought pastry is vegan, as they tend to use margarine instead.

Go Cook Acacia
Herringbone
Board, £25

How do I avoid a soggy bottom?

Baking blind is one of the best ways to prevent this infamous problem. Line your pastry case with baking paper then fill with baking beans or dried pulses. Bake at gas 6, 200°C, fan 180°C for 15 mins or until the pastry is firm. Remove the paper, then bake for a further 5 mins or as per your recipe. Making sure your fillings are thick enough will also help prevent a soggy bottom: reduce them down on the hob, or add a little cornflour to absorb juices.



**Glass Acacia
Lidded Jars**
2ltr, £8;
3ltr, £10

I'm chilling my pastry but it's still shrinking!

When lining a tart tin with pastry, avoid stretching it to fit. Ease it into the corners, and make sure the pastry fits snugly into them before cooking – otherwise it will fall into them while cooking and cause uneven shrinkage around the top edge.



KNOW YOUR TYPE

It's impressive that flour, liquid and butter can create a pastry base for so many dishes

1 SHORTCRUST

Versatile and crumbly, this pastry is cheap and easy to make; its compact biscuit-like texture suits both sweet and savoury fillings. Try it in the crowd-pleasing Cheat's raised chicken & sausage pie, p105. Or use it to make a batch of mince pies now to freeze for later on.

stacks: get the recipe at [tes.co/pearstacks](https://www.tes.co.uk/recipes/pearstacks).

4 FILO Often used in Middle Eastern dishes, this is known for its paper-thin sheets that give a crunchy finish. Scrunch to top pies, or layer with nuts and honey for baklava. Wrap around a whole Camembert for easy party food – find a recipe at [tes.co/fillocamembert](https://www.tes.co.uk/recipes/fillocamembert).

2 ROUGH PUFF

Also known as flaky pastry, this is quicker and less fussy to make than traditional puff. It can be made with half butter and half lard for ultra-crispy results. Try the Mulled pear tarte Tatin on p106, or use for sausage rolls or cheese straws for party food, see p106.

5 CHOUX An enriched dough; use it to make pastries such as eclairs and profiteroles. Its high moisture content creates steam when baked, giving a pillowy texture. Fill profiteroles with soft cheese and salmon, or try this classic recipe at [tes.co/profiteroles](https://www.tes.co.uk/recipes/profiteroles).

3 PUFF

This classic airy pastry is made by alternating layers of butter and dough to create a delicate finish. Use this for the Squash, cranberry & mushroom Wellington on p50, or it's great for desserts like light Pear & blackberry

6 HOT WATER CRUST

This pastry is made using 50:50 melted butter and melted lard. Similar to choux when raw, however it doesn't rise when baked – it becomes firm and strong. It's great for pork pies: see [tes.co/porkpie](https://www.tes.co.uk/recipes/porkpie).





Amazing glaze

1 Egg yolk Adds a comforting shade of mahogany with a delicious sheen. Don't waste the whites: freeze to use in bakes.

2 Whole egg & milk Use about 1 tbsp milk per egg: this helps the egg wash go further and helps it brush on that little bit easier. This mix gives a gorgeous, warm glow.

3 Egg white Best when you have a dark filling on an open tart, for when you may want a sheen around the edges but a pared back colour for contrast. Add leftover yolks to cheese sauces.

4 Whole egg Gives a lovely sunshine glow, and no need to bother separating the egg or adding anything else.

5 Milk-alternative & turmeric
This gives a warm, sunny colour without the use of dairy and eggs: add a tiny pinch of turmeric to your chosen milk-alternative before brushing over. For sweet recipes add a little sugar too, which will melt in the oven for an even more golden finish.




6 Milk This cost-effective option is great if you only have a small amount of pastry to glaze. It gives a satin finish with a gentle golden brown effect.

Go Cook
Acacia
Silicone
Pastry
Brush,
£2.75

GO COOK
Exclusively for TESCO



SHORTCRUST PASTRY

Makes about 800g   

Takes 15 mins plus chilling


Mix 500g **flour** with ½ tsp salt in a mixing bowl, add 275g diced **baking block** (or **unsalted butter**) and rub in with your fingertips (or pulse in a processor) until it resembles fine breadcrumbs. In a separate small bowl, whisk together 4 **medium egg yolks** with 6 tbsp **cold water**, then tip into the flour mixture and mix with a cutlery knife.

Knead lightly to bring everything together, adding another 1 tbsp water if it's too crumbly, but being careful not to overwork. Transfer to a lightly floured surface and shape into a disc about 3cm thick. Wrap in clingfilm, then chill for at least 1 hr to firm up before using. To save time, split in two, wrap each piece in clingfilm and chill for 30 mins. The pastry can be made up to 24 hrs ahead.

MORE WAYS TO USE IT

Stir through 3 tbsp icing sugar after bringing the mixture to breadcrumb stage. This slightly sweetened dough is great for mince pies. Use two round cutters – one slightly smaller than the other to create the lids, then fill with mincemeat. Bake at gas 6, 200°C, fan 180°C for 12–15 mins.

CHEAT'S RAISED CHICKEN & SAUSAGE PIE

Serves 10 

Takes 1 hr 40 mins plus cooling

Cost per serve £1.28

FREEZE IT Freeze unbaked. Defrost fully in the fridge, then bake as per recipe.

1 tbsp vegetable oil
400g pack Tesco Finest reduced-fat pork sausages

1 leek, trimmed, halved lengthways and thinly sliced

150g chestnut mushrooms, thinly sliced

10g fresh thyme, leaves picked and finely chopped

2 garlic cloves, crushed

2 tbsp plain flour

½ chicken stock cube, made up to 250ml

3 tbsp 50% less fat crème fraîche

1½ tbsp wholegrain mustard

375g leftover roast chicken or turkey, roughly chopped

½ lemon, zested

15g fresh flat-leaf parsley, finely chopped

butter, for greasing

1 quantity shortcrust pastry (see recipe, left)

1 medium egg, beaten

pickles, to serve

1 Heat the oil in a large, deep frying pan over a medium-high heat. Squeeze the sausagemeat out of the skins, breaking up with a wooden spoon, and fry for 4–5 mins until browned all over; transfer to a bowl. Add the leek and mushrooms to the pan and cook for 4–5 mins until softened and beginning to turn golden. Reduce the heat to medium, then add the thyme, garlic and flour; cook for 2–3 mins, stirring, until fragrant.

2 Gradually add the stock, stirring well to prevent lumps, then add the crème fraîche and mustard. Season, bring to a simmer, then cook for 2–3 mins to thicken. Remove from the heat, then stir through the sausagemeat, chicken or turkey, lemon zest and parsley. Transfer to a bowl and set aside to cool.

3 Grease the base of a 900g loaf tin with butter and line with baking paper, leaving the ends overhanging. Cut two-thirds off the pastry (re-wrap the rest and return to the fridge) and roll out on a lightly floured surface to a rectangle about 25 x 35cm and 4mm thick. Carefully lift into the loaf tin using the rolling pin to help, then press into the corners, leaving about 3cm overhang. Spoon in the filling and smooth.

4 Roll out the remaining pastry so it's about 4mm thick and a little larger than the tin. Use to cover the pie, then pinch the edges together and trim, crimping the edges between your fingers and thumb. Cut a steam hole in the centre with a sharp knife, then transfer to the fridge for 1 hr. If you like, re-roll the offcuts and cut into shapes to decorate the pie lid.

5 Preheat the oven to gas 6, 200°C, fan 180°C. Brush the top of the pie with beaten egg. If using decorations, stick on and brush with more egg. Bake for 1 hr, or until deep golden brown. Leave to cool in the tin for about 2 hrs – when ready it will be firm to the touch and lift out of the tin easily. Carefully lift out of the tin using the overhanging baking paper. Serve warm or cold, with your choice of pickles. It will keep chilled for up to 3 days.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2330kJ 558kcal	34g	12g	2g	1.5g
28%	48%	62%	2%	25%

of the reference intake. See page 9.
Carbohydrate 40g Protein 22g Fibre 4g

USE IT UP

EGG WHITES



Use up leftover egg whites in our Meringue mince pies on p40, or whip them into an egg white omelette.



How do I know if I've 'overworked' my dough before cooking it?

Overworking pastry will develop the gluten in the flour, which will make pastry hard to roll.

ROUGH PUFF PASTRY

Makes about 530g  

Takes 30 mins plus chilling

Mix 250g **plain flour** and $\frac{1}{4}$ tsp **salt** in a mixing bowl. Add 200g cold, diced **unsalted butter**, toss to coat, then roughly rub into the flour – you should still be able to see pieces of butter, you don't want it to disappear. Add 4 tbsp **cold water** and stir in with a cutlery knife until the mixture comes together, adding another 1 tbsp water if it's too crumbly. Knead lightly to give a rough but firm dough. Transfer to a lightly floured surface and shape into a rectangle roughly 12 x 18cm. Wrap in clingfilm, then chill for 30 mins or until firm. Roll out the chilled pastry on a lightly floured surface to a rectangle about 20 x 45cm, using a palette knife to help you keep the edges straight. You should be able to see streaks of butter at this stage. With a short edge facing you, fold the bottom third of the pastry up to the centre, then fold the top third over the top. Wrap in clingfilm and return to the fridge for 20 mins. Place the pastry with the closed folded side to the left (like a book), then repeat the folding technique three times. Chill for at least 30 mins before using.


MORE WAYS TO USE IT

For a savoury tart roll into a rectangle, then top with cheese (goat's cheese and blue cheese work well), caramelised onion chutney and peppers. Bake at gas 9, 240°C, fan 220°C for 20 mins.

For cheese straws roll the pastry out, scatter with grated cheese (like Cheddar or Parmesan), then fold in half and cut into 1cm strips. Twist the strips, then bake at gas 6, 220°C, fan 200°C for 12–15 mins.



MULLED PEAR TARTE TATIN

Serves 10 

Takes 45 mins

Cost per serve 69p

75ml red wine
100g caster sugar
75g unsalted butter, diced
1 orange, zested and juiced
1 cinnamon stick
6 cloves
2 star anise
3 x 410g tins pear halves in juice, drained
1 quantity rough puff pastry (see recipe, left)
flour, for dusting
vanilla ice cream or crème fraîche, to serve (optional)

1 Preheat the oven to gas 9, 240°C, fan 220°C. Put the wine, sugar, butter, orange zest and juice and spices in a roughly 26cm nonstick ovenproof frying pan and bring to a simmer over a high heat. Reduce the heat to medium-high and simmer for 8–10 mins until thickened and a caramel consistency. Pat the pears dry with kitchen paper, then add to the pan and turn to coat in the caramel. Remove from the heat and arrange the pears so they're cut-side up.
2 Roll out the pastry on a lightly floured surface to a circle just larger than the pan (approximately 3–4mm), then cut out a circle roughly 26cm (use a dinner plate to help). Lay on top of the pears and press into the edges of the pan to tuck in. Transfer to the oven and bake for 20–25 mins, until golden and puffed up. Leave to cool for 10–15 mins, then run a knife around the edge and carefully invert onto a serving plate. Remove the spices (or keep them as decoration), then serve warm with ice cream or crème fraîche, if you like.

Each serving contains

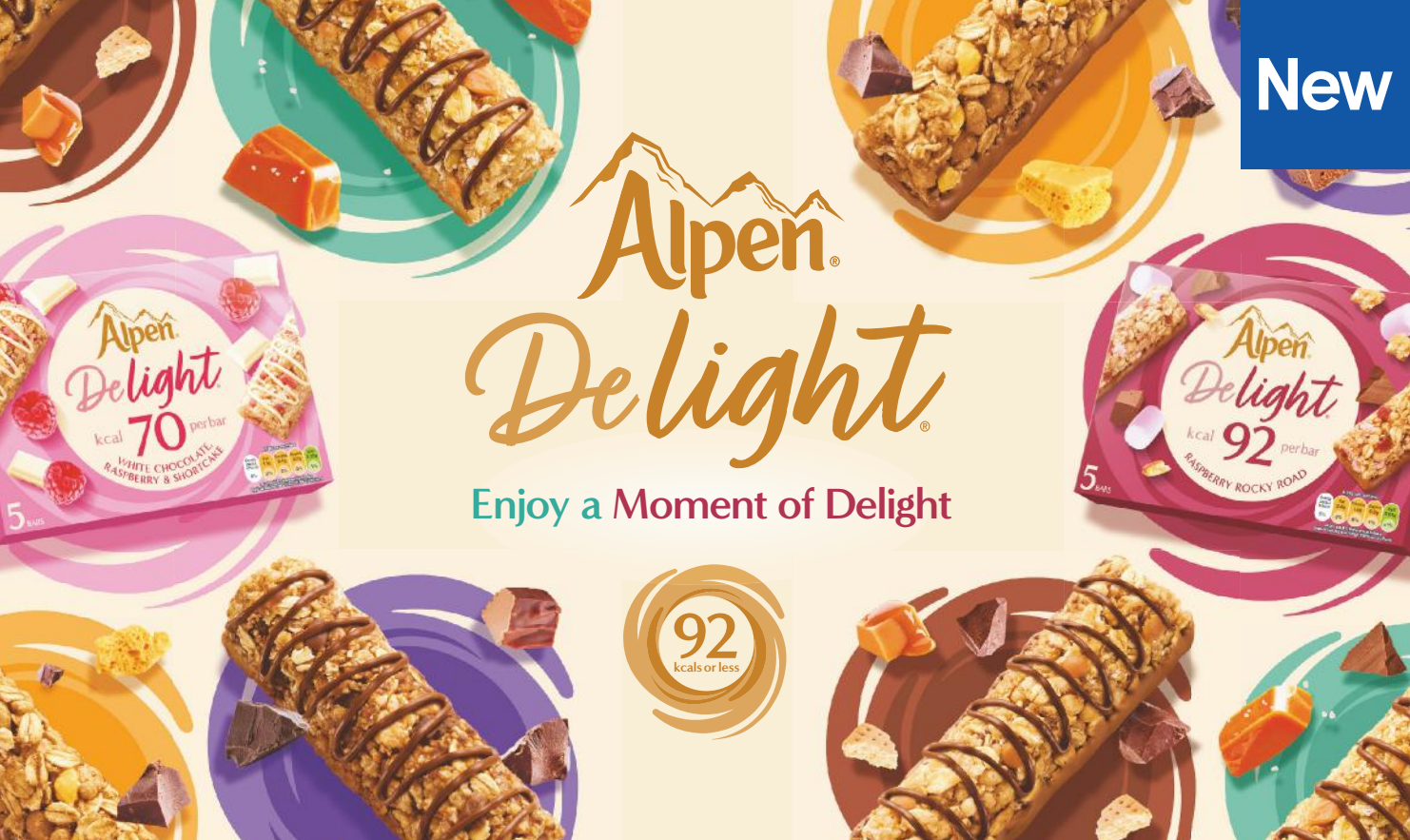
Energy	Fat	Saturates	Sugars	Salt
1375kJ 330kcal	20g	13g	17g	0.1g
17%	29%	63%	18%	2%

of the reference intake. See page 9.
Carbohydrate 33g Protein 3g Fibre 2g

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IF YOU MAKE ONE CHANGE...

...Try mindful drinking

From mulled wine to Eggnog, many of us will enjoy an alcoholic tippie over the festive season. But does indulging have to compromise your health? Knowing your units can help you enjoy in moderation.



CHECK THE UNITS

Units measure the level of alcohol in a drink. It takes around an hour for your body to process one unit* and we should limit to 14 units a week.

A 25ml measure of a 40% spirit is 1 unit, a medium glass of wine has just over 2 units, while a pint of lager has up to 3*. A simple way to cut back is to have smaller serves, with a soft drink in between.

HIDDEN CALORIES

A pint of lager or cider has more than 200kcal – similar to a slice of pizza**. There is often sugar in mixers, mulled wine and cocktails, which can harm teeth and lead to higher blood pressure***. Use sugar-free mixers like soda water (add a splash to wine to make a glass stretch), or try alcohol-free options like spiced apple juice.

GET PREPARED

If you know you're going to be drinking, aim to eat a meal before. Protein-rich foods like eggs slow the absorption of alcohol into your blood stream. Alcohol also affects the hormones that control appetite†, so having a full stomach may make you less likely to crave unhealthy food.

In the know... Diabetes

If you're managing diabetes or wondering how to spot the signs, Tesco and its partnership with Diabetes UK can help. Follow our tips, and look out for the Better Baskets logo to help you make better choices



STEPHANIE KUDZIN
is a nutritionist at
Diabetes UK

'Diabetes is a condition that causes a person's blood sugar level to become too high; type 1 and type 2 are the two main types. Type 1 is an autoimmune condition that can't be prevented. But you can have an increased risk of developing type 2 depending on your age, ethnicity, medical history, diet, weight and lifestyle. If you live with diabetes, you may find your blood sugar levels are higher than normal over the festive period, perhaps due to changes to your diet and activity levels.' Read on for tips for managing diabetes over this period – and beyond.

90% OF PEOPLE

with diabetes have type 2*. Head to p112 to learn how to assess your risk.

Christmas fitness

Exercise can still be enjoyable when it's cold outside. A brisk walk is great, but gardening, dancing, or festive fun like ice skating or party games where you're on your feet, all count too.

FESTIVE HELPS

- Roast or steam your festive veg
- Watch out for sugar in things like alcohol and sauces
- Use reduced-salt gravy to help manage blood pressure

FILL YOUR PLATE WITH...

The main thing you can do to lower your chance of developing type 2 diabetes is to eat a healthy, balanced diet

...MORE

- Fruit and veg
- Wholegrains
 - Fish
 - Pulses
- Unsalted nuts



...LESS

- Red and processed meat (less than 70g per day)**
- Free sugar*** (less than 30g per day)**
- Refined carbohydrates, such as French fries, white bread and white rice



Is it all about sugar?

'Sugar doesn't cause type 1 diabetes, it's an autoimmune condition,' says Stephanie. 'And although we know sugar doesn't directly cause type 2 diabetes, eating too much food can lead to weight gain, which can increase your risk of developing the condition. Often people gain weight when they take in more calories than their body needs – and sugary foods and drinks contain a lot of calories.'



Why not try?

If someone else has cooked, ask if you can serve yourself - this means you can load up on veg and control how many starchy carbs or sauces land on your plate.

BAKED RATATOUILLE WITH BUTTER BEAN MASH

Serves 4   

Takes 1 hr 30 mins

Cost per serve £1.51

- 2 courgettes, sliced into 1cm rounds
- 3 peppers, deseeded and cut into bite-sized chunks
- 3 red onions, thickly sliced
- 250g salad tomatoes, roughly chopped
- 2 tbsp olive oil
- 2 tbsp herbes de Provence
- 3 garlic cloves, unpeeled
- 400g tin chopped tomatoes
- 2 x 400g tins butter beans, drained and rinsed
- 10g fresh basil

1 Preheat the oven to gas 6, 200°C, fan 180°C. Toss the courgettes, peppers, onions and tomatoes with 1 tbsp oil, along with the herbs and garlic in a large roasting dish; season. Bake for 15 mins, then stir in the tinned tomatoes. Bake for 20–25 mins until the veg is tender and jam-like.

2 Scoop out the garlic and squeeze into a saucepan, discarding the papery skins. Add 50ml water, the remaining oil and the beans, then heat through over a low heat for 5 mins. Mash or blitz in a food processor until thick and creamy, adding a little water if needed.

3 Divide the mash between 4 plates and spoon over the ratatouille. Tear over the basil leaves to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1232kJ 294kcal	9g	2g	16g	0.2g
15%	12%	8%	18%	4%

of the reference intake. See page 9.
Carbohydrate 36g Protein 12g Fibre 12g
High in vitamin C, which supports the normal function of the immune system

Spot the signs

'We use the "4Ts" to highlight common symptoms of diabetes,' Stephanie explains.

TOILET Needing to wee a lot, especially at night.

THIRSTY Not being able to quench your thirst.

TIRED Feeling more tired than usual.

THINNER Losing weight without trying to.



Turn the page for more information



ASSESS YOUR RISK

In just five minutes, you can discover your risk of developing type 2 diabetes

Many people are at risk of developing diabetes without even knowing it. To help raise awareness, reduce stigma and provide information and support on the condition, the Tesco partnership with Diabetes UK aims to help people understand and reduce their risk. And that includes offering a free assessment to learn whether you're more or less likely to develop type 2 diabetes.

FIND OUT YOUR RISK

It only takes five minutes: visit riskscore.diabetes.org.uk/c/tesco and fill in details about your ethnicity, height, age, weight and waist measurement; you'll be given a risk score and advice on next steps. If you'd rather chat to someone in person, pop into a Tesco pharmacy (or visit tesco.com/pharmacy to book an assessment). The pharmacists can offer information and support on nutrition.

PREVENTION IS KEY

The good news is that with a few easy tweaks to your lifestyle, many cases of type 2 diabetes can be prevented. Why not start by whipping up the ratatouille dish on the previous page?

GIVE ME MORE!

Scan this QR code to find more recipes approved by Diabetes UK, at Tesco Real Food.



3 ways to...

LOWER YOUR RISK*

- **Go** for a 30-minute walk every day
- **Eat** your 5-a-day
- **Avoid** smoking



You're more likely to develop type 2 diabetes if you're over 40 or from a Black, African Caribbean or South Asian background*



DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

DID YOU KNOW...?

13.6m

people in the UK are at risk of developing type 2 diabetes*

**ONE
IN 15**

people in the UK has diabetes but hasn't been diagnosed*

With lifestyle changes, such as exercise and diet, you can

REDUCE YOUR RISK

of developing type 2 diabetes by around

1/2*

Find out more about the ways Diabetes UK can help you, by visiting diabetes.org.uk for support, information and advice.

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*based on consumer research that average Glade Aerosol spray is 3 seconds, packaging comparison based on metal, plastic and paper by weight

WINTER WONDERS

♥ JAMIE OLIVER

Cosy up with Jamie's simple and delicious dinners
that'll warm you up without breaking the bank





'This is the time of year when you want a satisfying pasta dish on the table in no time at all. With tender, sweet squash, punchy sage and a creamy, cheesy sauce, this'll warm you up in no time'

SQUASH & SAGE TAGLIATELLE

WITH MASCARPONE & PARMESAN

Serves 4
Takes 30 mins
Cost per serve 84p

1 small butternut squash (about 800g)
olive oil
20g fresh sage
1 onion
2 garlic cloves
300g dried tagliatelle
25g Parmesan or mature Cheddar
50g mascarpone
pinch of dried chilli flakes

Did you know?

Butternut squash is not only tasty, it's also a source of vitamin C, which supports the normal function of the immune system.

1 Boil the kettle. Scrub the squash (there's no need to peel it), carefully halve it lengthways and deseed, then chop into 1cm chunks. Put ½ tbsp oil in a large, deep, lidded frying pan on a medium heat. Scatter in half the sage leaves and fry until crisp, then place on kitchen paper.

2 Put the squash in the pan and pour in 400ml boiling water to cover. Peel and finely slice the onion and garlic, then add to the pan with the remaining sage leaves. Bring everything to the boil, then reduce to a simmer, cover and cook for 8-10 mins until the squash is almost cooked through.

3 Cook the tagliatelle in salted boiling water to pack instructions. Remove the lid from the squash and bubble for 8 mins until all the water has evaporated. Add ½ tbsp oil and cook for 5 mins until the squash has started to brown.

4 Drain the pasta, reserving a large mugful of the cooking water, then add to the squash pan and gently toss the pasta into the pan. Grate over most of the Parmesan, and stir in the mascarpone and chilli flakes. Add splashes of cooking water while gently stirring until you have a silky sauce. Season with sea salt and black pepper, scatter with the crispy sage leaves, then grate over the remaining Parmesan and serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1962kJ 464kcal	12.4g	5.6g	13.8g	0.2g
23%	18%	28%	15%	3%

of the reference intake. See page 9.
Carbohydrate 78.7g Protein 14.5g Fibre 3.9g
High in vitamin A, which supports the maintenance of normal skin

This month I'm sharing three veg-packed, low-effort dinners that hero dried pasta and tinned pulses.

My Barbecue beans are a brilliant, budget-friendly, batch-and-freeze meal that you can make ahead. Plus, I turn a humble garlic baguette into the most gorgeous crumb topping, so it feels a little special. And talking of storecupboard heroes, I'm showing you how to utilise more of these reliable ingredients to use up stale bread and leftover rocket in my super-quick Tomato & basil spaghetti. Both of these are Better Baskets recipes, helping you make better choices about the food you buy and the meals you make – even when times are tight.

I'm also celebrating seasonal veg in my super-comforting Squash & sage tagliatelle, perfect for cosy nights in!

GIVE ME MORE!

Scan this QR code to find lots of Jamie's recipes on Tesco Real Food.



WIN! JAMIE'S NEW BOOK, 5 INGREDIENTS MEDITERRANEAN!

Jamie's new cookbook, *5 Ingredients Mediterranean*, is out now, and one of you could get your hands on a signed copy (plus an online Jamie Oliver Cookery School voucher, worth £29)! Just share a photo of a Jamie recipe you've cooked from tesco.co/jamieoliver on Instagram with #TescoAndJamie and #TescoJamieChallenge. Opens 00.01 on 8 Nov 2023. Closes 23.55 on 28 Nov 2023. UK only, 18+. For full terms and conditions, visit tesco.co/tescojamiechallenge.



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GIVE IT A GO

'Tinned pulses are one of the most versatile, great-value ingredients you can have in your cupboard. They're best friends with tinned tomatoes and warming spices, which I've combined with tender sweet potatoes in this gorgeous winter dish. Go on, give it a go...'



'When it comes to comforting dishes on a cold winter's night, it doesn't get much better than this. Smoky barbecue beans are topped with a crunchy garlic bread topping for a real family favourite. Providing 3 of your 5-a-day and all cooked on the hob, it's a winter winner'

BARBECUE BEANS

WITH A GARLICKY CRUMB

Serves 4 Takes 40 mins
Cost per serve 82p

2 sweet potatoes (about 500g)	2 x 400g tins cannellini beans
2 onions	½ a 170g garlic bread baguette
2 tbsp olive oil	
2 heaped tsp smoked paprika, plus extra to serve	
	2 tbsp barbecue sauce
	2 x 400g tins chopped tomatoes

Under £1 a portion



- 1 Place a large nonstick pan on a medium-high heat. Scrub the sweet potatoes, chop into 2cm chunks, then place in the dry pan. Cook for 10 mins, stirring occasionally, until charred.
- 2 Peel and roughly chop the onions into 2cm chunks and add to the pan with the oil. Season with sea salt and black pepper and cook for 5 mins until softened.
- 3 Add the paprika, barbecue sauce, tomatoes and cannellini beans (juice and all), stir, then simmer for 20 mins or until thickened and saucy.
- 4 Meanwhile, blitz the garlic bread in a food processor until you have fine crumbs. Place a nonstick frying pan on a medium heat, tip in the crumbs and toast for 5 mins or until golden and crisp. Set aside.
- 5 Divide the smoky beans between bowls, scatter over the crunchy garlicky crumbs, and add a sprinkle of paprika and serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1569kJ 375kcal	12.6g	3.1g	19.6g	1.2g
19%	18%	16%	22%	20%

of the reference intake. See page 9.
Carbohydrate 68.9g Protein 15.4g Fibre 16g
A source of vitamin C, which supports the normal function of the immune system

JAMIE'S TOO GOOD TO WASTE

- You can use any tinned pulses here.
- Serve with a dollop of yogurt, if you like.
- The beans freeze really well, so make a big batch, portion up, and stash in the freezer.

**Better
Baskets**





Did you know?

You can use the garlicky crumb to finish off stews and soups, or to add a lovely crunch to salads. Blitz up a big batch and freeze or store in an airtight container.

JAMIE'S TOO GOOD TO WASTE

'I want to give you some inspiration for using up your leftovers, and this month I'm focusing on a couple of ingredients that we often throw away: stale bread and bagged rocket. Instead of wasting this food, you can turn it into a delicious dinner in no time with a few great value storecupboard ingredients'

TOMATO & BASIL SPAGHETTI

WITH PEPPERY ROCKET

Storecupboard superstars **dried spaghetti** and **tinned plum tomatoes** are the foundations for this quick and easy recipe that's ready in the time it takes to cook your pasta. Simply simmer the tomatoes with

garlic and **fresh basil**, then toss with **rocket** and freshly cooked spaghetti. Blitz **stale bread** into crumbs with a little garlic, toast in a dry pan until golden, then scatter over the pasta before serving.

Storecupboard hero



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Too good to waste

Save money, reduce waste and give leftovers a new lease of life

USE IT UP

Speedy ideas for leftover ingredients from recipes in this issue

CHESTNUT MUSHROOMS, p50

Up your veg intake with mushrooms for breakfast – slice, then fry with spinach and garlic or cream cheese and Marmite, for two tasty toast toppings.

CRÈME FRAÎCHE, p24

Swirl through soups, spoon onto chilli or mix with herbs for a speedy pasta sauce. You can freeze it but the fat and liquid will separate, making it grainy. Thaw, then give it a vigorous whisk to improve the texture.

MIXED PEEL, p48

Perfect if you're making your own mince pies, Christmas pudding or panettone. Or use as a citrus topping for baked Camembert or a festive addition to granola.

CLOVES, p39 Use to stud joints of meat before roasting. Or for aromatic rice, add to the pan while cooking (then fish them out). Cloves work in festive table decorations too – stud into ribbon-wrapped oranges.



BACON, p30 Use to wrap fish or chicken before baking. Cut up, fry and stir through pasta, or mix with sundried tomatoes and grated cheese, wrap in pre-made pastry and bake for pizza parcels.



PANEER, p100 Add to curries and stir-fries, or skewer, grill, then eat in wraps with salad and mango chutney. Both raw or cooked paneer can be frozen – simply flash-freeze on a baking sheet, before transferring to a freezer bag. Thaw in the fridge before use.

CREAM OF TARTAR, p40

No baking powder? Make your own with one part bicarbonate of soda and two parts cream of tartar. Or mix with flour, salt, water and food colouring to make playdough.



SALTED CARAMEL SAUCE, p122

Swirl through brownie batter, use to top ice cream or try a drizzle over parsnips and carrots before roasting. Stir through porridge for a touch of decadence.

FRIDGE-RAID FEASTS

Turn leftovers into a hearty seasonal stew

1 Onion, carrot and celery is classic, but you can swap onions for leeks or even onion chutney. Carrots can be swapped for parsnips, swede or squash. Add veg like aubergines and peppers to tomato-based stews, while beetroot, squash and potatoes are better for meatier, gravy-based dishes. Stir through any greens you have.

2 Tinned tomatoes give depth, but passata or soup work too. Add paprika, olives or chorizo for a Spanish twist, harissa, dried fruit and citrus for a tagine vibe, or crème fraîche and pesto for creaminess. Red wine or leftover gravy add richness.

3 Chickpeas, lentils or butter beans soak up flavour. Add fish or chicken for lighter stews, beef or lamb for heartier ones; cheaper, lean cuts benefit from the longer cook time. Use gnocchi as cheat's dumplings, or sausages for a cassoulet-style dish.

HOW TO...

make the most of bread

We throw away 20 million slices every day*. Yet a stale loaf can be put to good use through the festive period.

FOR STARTERS

Make a cheat's bruschetta by toasting past-it's-best bread, drizzling with oil and topping with tomatoes and balsamic vinegar, deli artichokes, olives or ricotta and rocket. Or cut into fingers and bake as breadsticks to go with dips.

FOR DESSERT

Soak slices of white bread in condensed milk, layer with jam, cream and berries, then drizzle with a little glacé icing for a no-bake treat. You can also use cubes of bread in a trifle base.

FOR SIDES

Blitz into breadcrumbs to bind your stuffing, make a crunchy topping for veg gratin before baking, or use to make bread sauce: see our recipe on p53.



GIVE ME MORE!

Scan this QR code to find more ideas for reducing food waste, on Tesco Real Food.



Treat of the week

This wintery pud is easy to whip up and loaded with festive flavours

CHERRY STOLLEN & APPLE POTS

Makes 8 

Takes 15 mins

Cost per serve £1.01

MAKE AHEAD You can make these up to 24 hrs in advance – just leave off the flaked almonds until you're about to serve.

Whip a 300ml pot **whipping cream** to soft peaks, then add ½ tsp each **cinnamon** and **ground ginger**, and ¼ tsp **mixed spice**; whisk again until just beginning to stiffen. Tear ½ x 544g **Tesco Finest cherry & almond stollen** into bite-sized pieces and divide half between 8 dessert glasses, pushing down to flatten slightly. Divide ½ x 270g jar **Bramley apple sauce** between the glasses, then divide 150g **Tesco Finest salted caramel sauce** between them. Divide half the spiced cream between the glasses, then top with the remaining stollen, apple sauce and cream. Drizzle with more caramel sauce, then divide 10g **toasted flaked almonds** between them and top each with a **cherry**, if you like.

Each pot contains

Energy	Fat	Saturates	Sugars	Salt
1590kJ 381kcal	23g	13g	33g	0.4g
19%	33%	65%	36%	6%

of the reference intake. See page 9.
Carbohydrate 39g Protein 3g Fibre 2g

£1.01
per serve



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